

South Edmonton, Alta.

PERSONAL RECIPES



by

UNITED LUTHERAN CHURCH WOMEN
and
LADIES AID



Prairie Provinces
Collection

FUNERAL CHAPEL



OWNED AND OPERATED

BY

THE HAINSTOCK FAMILY

PARKING FACILITIES

QUIET SURROUNDINGS

GE 3-2025 - GE 3-6088

10541 - 81st Ave.

SOUTH EDMONTON

HAINSTOCK'S

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United Lutheran Church women and the Ladies Aid of St. Paul's Congregation Ellerslie wish to thank all those people who advertised in this book and our thanks also to the ladies of this congregation who so generously shared their favorite recipes with us.

We would suggest therefore, that the people of St. Paul's Lutheran Church remember these favors to patronize those who have made this cook book a success.

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RECIPE FOR A HOME

To a half cup of friendship
Add a cup of thoughtfulness,
Cream together with a
Pinch of powdered tenderness,
Very lightly beaten
In a bowl of loyalty,
With a cup of faith, one of hope,
And one of charity.

Be sure to add a spoonful each
Of gaiety that sings,
And also the ability to laugh
At little things.
Moisten with a sudden tear of
Heartfelt sympathy.
Bake in a good natured pan
And serve repeatedly.

MY LITTLE KITCHEN PRAYER

"God bless my little kitchen, I love its every nook.

And bless me as I do my work, wash pots and pans and cook.

And may the meals that I prepare be seasoned from above

With Thy great blessing and Thy grace, but most of all, Thy
love.

As we partake of earthly food, the table before us spread,

We'll not forget to thank Thee, Lord, who gives us daily bread.

So bless my little kitchen, God, and those who enter in.

May they find naught but joy and peace and happiness therein."

Relishes

Pickles

Appetizers

WEIGHTS AND MEASURES

3 teaspoons	1 tablespoon
2 tablespoons	1 liquid ounce
4 tablespoons	$\frac{1}{4}$ cup
$5\frac{1}{2}$ tablespoons	$\frac{1}{2}$ cup
16 tablespoons	1 cup
1 cup	8 ounces
2 cups	1 pint
4 cups	1 quart
8 quarts	1 peck
4 pecks	1 bushel
2 tablespoons fat	1 ounce
$\frac{1}{2}$ lb. butter or fat	1 cup
1 lb. water or milk	1 pint
1 lb. granulated sugar	2 cups
1 lb. brown sugar	3 cups
1 lb. confectioners sugar	$3\frac{1}{2}$ cups
1 lb. flour	about 4 cups
1 lb. rice	2 cups
1 lb. pitted dates	2 cups
1 lb. cheese	5 cups, grated
1 sq. bitter chocolate	1 ounce
1 package cream cheese	3 ounces or 6 tablespoons
1 c. chopped nutmeats	$\frac{1}{4}$ pound
16 marshmallows	$\frac{1}{4}$ pound
1 cup egg whites	8 - 12 egg whites
$\frac{1}{2}$ pint heavy cream	1 cup, whipped
No. 1 can	$1\frac{1}{2}$ - 2 cups
No. 2 can	$2\frac{1}{4}$ - $2\frac{1}{2}$ cups
No. $2\frac{1}{2}$ can	$3\frac{1}{4}$ - $3\frac{1}{2}$ cups
No. 3 can	4 cups
No. 10 can	12 - 13 cups

RHUBARB CATSUP

2 qt. rhubarb	1 tsp. salt
2 qt. onions	1 tsp. pepper
2 tsp. cinnamon	4 c. brown sugar
1 tsp. cloves	1 qt. vinegar
1 tsp. allspice	

Boil for about 2 hours. Seal hot.

Mrs. Marjorie Nonay

SWEET DILL PICKLES

Cut 12 unpeeled cukes in 1/2 inch slices. Place in weak salt water for 4 hours. Drain.

Syrup:

1 1/2 pt. vinegar	1 tsp. turmeric
1 1/2 lb. sugar	1 tsp. celery seed
1 Tbsp. salt	1 tsp. mustard seed

Boil syrup. Add drained cukes and simmer 5 minutes. Add a few stalks of dill in each jar.

Mrs. Martha Krause

RIPE TOMATO & CELERY PICKLE

1 basket ripe tomatoes (18)	4 heads celery (chopped)
1 doz. onions (chopped)	2 Tbsp. salt
1 doz. apples	1/2 tsp. cloves
4 c. sugar	1/2 tsp. cinnamon
	1/2 tsp. mace

Cut up and boil all together until it thickens and pour in jars.

Mrs. Martha Krause

DILL PICKLES

7 1/2 c. water	1/2 c. salt
2 1/2 c. vinegar	

Boil 5 minutes and let cool. Slice onions as you fill jars. Put 1 joint of garlic in. Seal tightly.

Mrs. Elsie Schiewe

DILL PICKLES

1 qt. vinegar	3 qt. cold water
1 c. fine salt	little bunch of dill
1 tsp. pickling spice	

Mix vinegar, water, salt and pickling spice. Stir well until the salt is dissolved. Fill sterilized (sealer) jars with small cucumbers. Pour liquid over them and place a bunch of dill on top. Seal lightly. They will be ready in 3 weeks.

Lotty Kartz

YUM YUM PICKLES

6 qt. cucumbers	6 c. vinegar
1 qt. onions	6 c sugar
4 green peppers (cut in 1 inch strips)	1 Tbsp. turmeric
1/2 c. salt	1 tsp. celery seed
4 qt. water	1 tsp. mustard seed

Clean cucumbers and slice without peeling. Slice onions and green peppers. Dissolve salt in water and pour over. Let stand 3 hours; drain. Bring vinegar, sugar and spices to the boiling point. Add vegetables and again allow to come to boil. Pour into sterilized jars and seal.

Mrs. Katie Treichel

TOMATO RELISH

4 or 5 qt. green tomatoes	5 or 6 c. sugar
1 qt. cabbage	1 1/2 qt. vinegar (5 c.)
1 qt. cucumbers	1/2 qt. water
1 qt. onions	3/4 c. flour
4 sweet peppers	1 tsp. turmeric
1/2 c. salt	1 tsp. celery seed

Put vegetables through coarse grinder and soak overnight with 1/2 cup of salt. Drain well. Heat vinegar, water and sugar to boiling point. Mix flour, turmeric and celery seed with a little vinegar and add to boiling mixture. Boil 3/4 hour and bottle.

Mrs. Katie Treichel

BREAD AND BUTTER PICKLES

4 qt. sliced cucumbers	1/3 c. pickling salt
6 sliced onions	3 c. vinegar (white)
1 green pepper	5 c. sugar
3 cloves garlic	1 1/2 tsp. turmeric

4 tsp. mustard seed

1 1/2 Tbsp. celery seed

Wash and slice cucumbers and onions. Seed and cut green peppers into strips. Cut garlic fine. Make a layer of cucumbers and onions and peppers; sprinkle each layer with salt. Mix a tray of ice cubes in vegetables and let stand 3 hours. Drain well. Combine the rest of the ingredients and pour over vegetables. Bring just to boiling point. Seal.

Mrs. L. Gellert

PICKLED CAULIFLOWER

Break cauliflower into small pieces. Wash and pack in jars with a little dill. Cover with the following brine, which has been boiled and cooled:

3 c. water

1/4 c. salt

1 c. vinegar

Mrs. H. Gellert

GOOD NINE DAY PICKLES

Use 14 large cucumbers. Pour fresh boiling water on every day for 4 days. On the 5th day, slice and put on syrup of.

1 qt. vinegar

2 Tbsp. salt

4 c. sugar

1 tsp. pickling spice (in bag)

Boil and pour on cucumbers. Drain and boil; add 1 cup of sugar every day until 7 cups of sugar are used. Lastly, add whole cloves and whole allspice and seal.

Mrs. L. Gellert

DILLS

Pack cucumbers in 2 quart jars with a clove of garlic, slice of onion and dill at top and bottom. Add 1/4 teaspoon of alum to each jar. Cover with the following brine, which has been brought to a boil:

7 1/2 c. water

1/2 c. salt

3/4 c. vinegar

Mrs. H. Gellert

BEEF RELISH

1 qt. cooked beets	1 tsp. cinnamon
1 c. horseradish	1 tsp. cloves
1 c. vinegar	1 Tbsp. salt
1/2 c. white sugar	

Cook the beets in the usual way. When they are tender, remove the skins and put through meat grinder. Add the grated horseradish to the beets, to the vinegar, add salt, sugar and spices. Heat to boiling point. Pour this mixture over the vegetable mixture. Pack into hot sterilized jars. Seal, cool and store.

Mrs. Elsie Hoffman

SWEET PICKLES

6 lb. cucumbers	2 red peppers
3 lb. onions	1 cauliflower
2 green peppers	

Cut into pieces and let soak for 2 days in:

1 gal. hot water	1 c. salt
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When ready, wash in warm water and put in sterilized jars. Pour over the following hot brine:

1 tsp. alum	4 c. vinegar
2 c. water	6 c. sugar
1/4 c. spices (tied in a bag)	

Boil all for 3 or 4 minutes. Fill jars and pour hot liquid over and seal.

Mrs. Emil Hammermeister

GARDEN DELIGHT RELISH

2 qt. onions (chopped)	1 qt. cucumbers (unpeeled, chopped)
1 large cauliflower	1 head cabbage
1 head celery	4 large red peppers

Put ingredients through coarse blade of food chopper, except celery. Chop it by hand. Add 1/2 cup of salt to mixture, mixing well and leave overnight. Next morning, drain and add cooked dressing.

Dressing:

GARDEN DELIGHT RELISH (Continued)

2 qt. white vinegar
8 c. white sugar
1 Tbsp. curry powder
2 Tbsp. mustard seed

2 c. flour
1 Tbsp. turmeric
2 Tbsp. celery seed
1/2 c. dry mustard

Cook dressing. Add to pickles and cook a little longer
Seal in sterilized jars.

Mrs. Ben Kadatz

**** EXTRA RECIPES ****

**** EXTRA RECIPES ****

SOUPS

SALADS

BEVERAGES

FROZEN FOODS

Frozen foods are easy to cook. However they do require a little different handling than fresh foods. The following are rules to observe in cooking frozen foods and some suggestions for their preparation.

In using frozen fruits in place of fresh, allow for the sugar used in preparing the fruit for freezing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

When thawing fruits, leave in package unopened. Exposure to air robs the fruit of some of its color and flavor. Do not remove fruit from the carton until ready to use.

Frozen fruits to be used in pies, cobblers, etc. need only be thawed enough to spread. Those frozen fruits that are to be cooked may be started cooking from their frozen state. Fruits to be served as a chilled dessert should be served partially thawed while still sev.

Frozen vegetables should be started cooking while they are still frozen. They should be cooked quickly. Frozen vegetables need only be cooked $\frac{1}{2}$ to $\frac{1}{3}$ as long as fresh vegetables.

Frozen meats may be started cooking while they are still partially or completely thawed. A quick way of thawing a roast is to place it in an oven at 175 degrees. Do not remove the freezer wrapping.

Frozen poultry may be thawed and cooked or cooked from its frozen state. If cooked from frozen state additional time should be allowed.

Frozen fish may be thawed completely or cooked while still frozen. Allow half again as much cooking time if cooked frozen.

Frozen unbaked pies may be defrosted and baked the same as fresh made pies. Or they may be placed directly in a 400 degree oven and baked. Allow 10-15 minutes additional baking time if baked while still frozen.

Frozen baked pies may be thawed at room temperature while still wrapped (2-3 hours). Mince and apple pies may be thawed and then placed in 375 degree oven for a few minutes to reheat before serving.

SOUPS, SALADS, BEVERAGES

APPLE SALAD

3 apples	1/4 c. raisins
3/4 c. grated carrots	1/2 c. salad dressing

Wash and cut unpeeled apples into small discs. Add the grated carrots. Toss together lightly with salad dressing and raisins. Arrange in salad bowl and serve immediately. Yield: 6 servings.

COTTAGE CHEESE SALAD

1 pkg. lime jello	1 c. drained pineapple
1 c. cottage cheese	

Dissolve 1 package of lime jello in 2 cups of hot water; chill until slightly thickened. Fold in 1 cup of cottage cheese and 1 cup of drained pineapple. Chill until firm. Unmold on crisp lettuce.

Martha Lothar

CHICKEN SALAD SUPREME

1/4 c. chicken broth	1/4 c. sliced stuffed olives
3/4 c. mayonnaise	3/4 tsp. salt
2 1/2 c. chopped cooked chicken	dash of pepper
1 1/2 c. chopped celery	4 large tomatoes, peeled
1/4 c. chopped pecans	leaf lettuce

Gradually add chicken broth to mayonnaise, blending until smooth. Toss together the chopped chicken, celery, pecans, olives and seasonings. Add mayonnaise mixture, blending in lightly. For each serving, place a tomato on crisp lettuce, after cutting it into 5 sections, poinsettia-style, almost to stem end. Press sections apart; fill with chicken salad. Garnish with mayonnaise.

Lillian Henschell

SALMON SALAD

1 tin large salmon	salt and pepper
1 c. chopped celery	1/4 c. salad dressing
3 boiled eggs (chopped)	1/4 c. cream
green onion	1 Tbsp. vinegar

Drain salmon. Add celery, eggs, green onion, salt,

SALMON SALAD (Continued)

pepper, salad dressing, cream and vinegar. When combined, put salad on lettuce leaves and top with sliced tomatoes.

Mrs. Ruth Henschel

PEACH CREAM SALAD

Drain 1 can (1 pound 13 ounces) sliced cling peaches, reserving 1 cup of the syrup. Dissolve 2 packages of (3 ounces each) pineapple or lemon flavored gelatin in 1 1/2 cups of boiling water. Stir in 1 tablespoon of lemon juice. Mix 1 cup of this dissolved gelatin with the cup of syrup (saving rest of gelatin for later step). Chill until syrupy. Pour 1/4 inch depth into 2 quart mold. In it arrange about 15 of the drained peach slices, chill until set. Pour in remaining gelatin-syrup mixture; chill. Mix,

2 pkg. (3 oz. each) cream cheese	1/2 c. mayonnaise
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Dice remaining peaches; stir into cheese mixture with rest of gelatin. Fold in 1/2 cup of heavy cream, whipped. Spoon over set layer in mold. Chill until firm. Unmold on salad greens. Serves 8 to 10.

Mrs. R. Reppert

SPARKLING SALAD

Dissolve 1 package of lemon jello in 1 cup of hot water. Add 1 cup of cold water. Season with:

2 Tbsp. vinegar	1 tsp. salt
1 tsp. (or less) celery seed	1 tsp. grated onion

When it becomes syrupy, add:

1 1/2 c. shredded cabbage	1/3 c. pickles
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Martha Henschel

CRISP VEGETABLE SALAD

1 pkg. lemon jello	3/4 c. diced cucumber
1 c. hot water	1/2 c. thinly sliced red radishes
1 c. cold water	1/2 c. thinly sliced young onions
1 Tbsp. vinegar	1 tsp. salt

Dissolve jello in hot water. Add cold water, vinegar and

CRISP VEGETABLE SALAD (Continued)

the salt. Chill until slightly thickened. Fold in cucumber, radishes and onions. Pour into individual molds or into a 4-cup mold. Chill until firm. Unmold on crisp greens. Makes 4 to 6 servings.

Wanda G. Swanek

MY FAVORITE SALAD DRESSING

3 well beaten eggs	3 heaping Tbsp. flour
1 heaping Tbsp. mustard	

Mix to a smooth paste, then add:

1 tsp. salt	1 c. vinegar
3/4 c. sugar	

Cook in double boiler and stir constantly to keep smooth. Thin out with sour cream when needed for salad. Keeps indefinitely.

Note: Canned milk or sweet cream can also be used to thin this salad dressing, but sour cream is the most satisfactory

SALAD DRESSING

3 eggs	4 tsp. flour (level measure)
1 c. boiling water	1 tsp. Keen's dry mustard (level measure)
1/2 c. sugar	1 Tbsp. butter
3/4 c. vinegar	1/4 tsp. salt

Mix sugar, flour, salt and mustard together. Add vinegar, then add well beaten eggs. Stir well so no lumps remain. Put in double boiler. Add boiling water. Cook on until thick. Stir often. Add butter last. Thin with sweet or sour cream.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

**** EXTRA RECIPES ****

Miscellaneous ~ ~

MEAT SUBSTITUTES

VEGETABLES

COOKING TERMS

AU JUS: With natural gravy

ASPIC This denotes a savory jelly made from stock or from tomato juice with gelatin.

AU GRATIN Means covered with cheese or crumbs or both and baked.

BASTE To moisten food while baking with juices from pan or other liquid or fat.

BAKE UNTIL TENDER Until a fork or skewer can easily be inserted.

BLEND. To mix well.

BISQUE. A white soup made of shell fish.

BOUILLON A clear soup stronger than broth yet not so strong as consommé, which is clear soup.

CAFE AU LAIT. Equal parts of coffee and milk.

CANAPE. Small open appetizer, served as first course.

CHARLOTTE A pudding made of bread or cake covered with fruit or gelatin.

CHILL To place food in the refrigerator until cold, not frozen.

CREAM To mix shortening in bowl until it is soft and light.

CROQUETTES A savory mince of meat or fish mixed with a sauce into shapes.

CUT AND FOLD To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

ENTREE A light dish served between courses at dinner.

FONDUE. A light preparation of cheese and eggs.

FRAPPE: partly frozen

FRICASSEE A dish of any boiled meat served in a rich milk sauce.

GLAZE OR GLACE Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.

HORS D'OEUVRES Appetizing side dishes such as olives, radishes, celery and pickles.

JULIENNE Cut in fine strips or strings.

KNEAD To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.

MARINATE To allow fruits or vegetables to stand in dressing or syrup to improve flavor.

PIQUANT: A sharp sauce.

PUREE Food boiled to a pulp and put through a sieve.

SAUTE To cook gently in a small amount of fat.

SCALD To heat milk product until scum forms over top (196 degrees F. — not boiling)

POTATO PANCAKES

10 c. grated potatoes	1 c. Mazola oil or 1 c. melted
5 slightly beaten eggs	shortening
3 tsp. salt	2 c. flour
1 c. cream	2 tsp. baking powder

Either grate potatoes or put through a food chopper. (If food chopper is used, it should be one that cuts the potatoes very fine.) Add eggs, salt, cream, oil, flour and baking powder to the grated potatoes. Fry on a hot oiled griddle until nice and brown.

Mrs. Ruth Henschel

NOODLES

2 eggs	4 tsp. baking powder
1/4 c. water	1 tsp. salt
2 c. flour	

Beat eggs and water. Mix dry ingredients into the liquid, mix in all the flour you can. Put the rest of the flour on the board and roll the dough as thin as possible, turning often. Brush flour on the dough and let dry 4 hours. then roll and cut very thin. Toss the noodles in flour and leave to dry for 3 hours. These are very nice in soup or with chicken.

Martha Krause

BREAD STUFFING FOR TURKEY - CHICKEN

1/2 c. butter	4 qt. bread cubes (not dry)
1/2 c. bacon drippings,	1 tsp. salt
sausage meat or	1/4 c. mixed parsley or poultry
smoked ham	dressing
1 qt. celery	1 large onion

Cook onion and celery in butter and bacon drippings over low heat, stirring occasionally until onion is soft, but not browned. Meanwhile, blend seasoning with bread cubes. Add fat mixture to dry mixture and stuff turkey.

Mrs. Dorothy Wilkinson

ORANGE BEETS

Wash beets. Trim off roots and all but 1 inch of stems. Add 1 cup of boiling water. Cover; cook until tender. Drain. Rub off skins under cold water and remove the stems. Melt 1/4

ORANGE BEETS (Continued)

cup of butter. Add:

2 Tbsp. grated orange peel	1/4 c orange juice 1 tsp salt
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Pour over beets. Heat and serve.

Mrs. Marjorie Nonsay

GREEN BEAN CASSEROLE

2 c. green beans, cooked	few grains pepper
1 1/2 Tbsp. butter or margarine	1/2 tsp. paprika
2 Tbsp. finely grated onion	1/4 tsp. dry mustard
1 Tbsp. flour	1 c. evaporated milk
1/2 tsp. salt	1/2 lb. processed cheese, shredded
	1/2 c fine bread crumbs

While beans are cooking, make the sauce. First, cook onion in butter for about 3 minutes. Remove from heat. Stir in flour and seasonings. Gradually stir in milk. Cook over low heat, stirring constantly until thickened. Add drained cooked beans to hot sauce and put in low baking dish. Sprinkle with cheese and crumbs. Place under broiler for 5 minutes until crumbs are brown and cheese is melted. Serves 5 to 6

Mrs. Elsie Schiewe

FRENCH PEAS

4 strips bacon (diced)	2 Tbsp. chopped onion
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Fry bacon until very light brown. Add onion and let simmer until onion is soft. In another pan, fry until brown, about 5 minutes:

1 can (10 oz) mushrooms	2 Tbsp butter
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When bacon and onion are finished frying, add 1 tablespoon of flour, a little salt and pepper, then stir in 1 cup of light cream. Let cook until it thickens, then add 2 cups of cooked peas, and lastly, the mushrooms.

Mrs. Agnes Matter

SCALLOPED TOMATOES

4 slices bread (stale)	2 c. stewed or canned tomatoes
1 medium onion, chopped	salt and pepper to taste

SCALLOPED TOMATOES (Continued)

butter

bread crumbs

Grease 1 quart casserole. Dice bread and place in casserole. Add chopped onion, tomatoes, salt and pepper. Sprinkle crumbs on top and dot with pieces of butter. Bake at 350 degrees until top is rounded and crispy, 3/4 to 1 hour. Good with cold cuts and salad.

Kathleen Pinks

RED CABBAGE WITH APPLES

(Excellent with Pork Chops or a Pork Roast)

1 medium sized head red cabbage	1 bay leaf (optional)
1 or 2 tart apples	1/2 tsp. salt
2 Tbsp. chicken fat or salad oil	dash of pepper
1 very small onion, chopped fine	2 whole cloves
1/3 c. light vinegar	dash of nutmeg
1/3 c. sugar	dash of allspice
	juice of 1/2 lemon
	2 or 3 Tbsp. flour

Wash cabbage, drain; cut as for cole slaw. Wash and core apples, peel and cut in small slices. Heat chicken fat in large saucepan and saute onion and apples about 3 minutes. Add vinegar, sugar, salt, pepper, cloves, nutmeg, allspice, lemon juice and bay leaf. Stir, bring to a boil. Add cabbage. If using a pressure cooker, add enough water to make 3/4 cup of liquid and cook for 6 minutes under 15 pounds pressure. If using an ordinary saucepan, add 1 quart of water, cover and let simmer 45 minutes, or until tender. In either case, just before serving, sprinkle flour on top to absorb liquid. Serves 4 to 6.

Mrs. Kathryn Schmauch

HOMEMADE PORK & BEANS

Soak 12 pounds of beans 24 hours in water. Drain and cook in salt water for about an hour. Add:

7 lb. pork (in small cubes)	2 c. sugar
4 pt. catsup	salt to taste

Do not cook until mushy; stir occasionally. Sterilize quart jars, do not fill jars very full, as beans expand a bit more, process for about 3 hours.

Martha Henschel

CABBAGE ROLLS (Holubtsi)

1 large head cabbage	1 c. ground cooked or raw meat (as desired)
2 c. rice	salt and pepper
2 c. boiling water	1 1/2 c. tomato juice
1 tsp. salt	1/2 c. sour cream
1 large onion, minced (optional)	

Remove cabbage core with a sharp knife; place cabbage in a deep utensil and pour boiling water into the hollow of the core. Cover completely with boiling water. Let stand until pliable. Drain the water. Take the cabbage leaves apart, one at a time. Cut off the hard center stem from the leaves. If leaves are large, cut in halves or in three. Combine meat with rice. Season to taste with salt and pepper. If desired, some tomato juice may be added to the rice mixture. Cool the rice. Line the bottom of a large baking dish with a few leaves. Place a spoonful of rice mixture on each leaf half and roll up. Arrange rolls in layers. The roll should be small. Sprinkle each layer with salt. Mix the tomato juice with cream and pour over the Holubtsi. Cover with a few leaves. Cover tightly and bake in a moderate oven (350 degrees) for 2 hours, or until the cabbage and rice kernels are done. The rice kernels should be separate, not mushy.

For spring cabbage, reduce baking time to 1 1/2 hours. When ready to serve, place hot Holubtsi on a serving dish and sprinkle over them some chopped crisp bacon. Serve with any meat course.

Mrs. Fred Jantz

SPANISH RICE

3/4 c. rice (long cooking type)	1 can tomatoes (beaten)
1 lb. ground beef	1 small onion, chopped
1/2 c. grated cheese (optional)	1 tsp. salt
	1/4 tsp. pepper

Cook rice in salted water for 10 minutes. Place in colander and let cold water run through it; drain well and add to other ingredients. Turn into greased casserole. Bake at 375 degrees until top is golden brown, about 2 hours. Serves 6.

Mrs. Martha Krause

CHEESE PEROGIES

3 c. flour	1 egg (optional)
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CHEESE PEROGIES (Continued)

3 heaping Tbsp. lard

water to make a soft dough
(about 3/4 c.)

Divide dough into 1 inch balls, then roll into thin patties.

2 (12 oz.) cartons cottage
cheese

2 eggs
pepper and salt to taste

Place 1 tablespoon (or more) of cheese mixture on each patty. Pinch edges together and cook in salted water 15 to 20 minutes.

Mrs. R. Gellert

JOHNNY MARSETTI

(A Spaghetti Casserole with the Tang of Chili)

1 lb. ground beef
1/2 c. chopped onion
1 small can mushrooms (optional)
1/4 or 1/2 c. chopped
green pepper

1 can medium tomatoes
2 c. fine noodles, cooked
salt and pepper to taste
1 Tbsp. chili powder
1/2 c catsup
pinch sugar

Brown meat. Add onion and mushrooms and cook. Add tomatoes, chili powder, sugar, catsup and green pepper. Add to cooked noodles in casserole. Put a little more catsup on top. Bake in slow oven (300 degrees) at least 2 hours. Stir at least once during baking. Remove lid the last 45 minutes and cover the top with grated cheese - or serve with grated Parmesan cheese.

Mrs. Kathryn Schmauch

SAUERKRAUT CABBAGE ROLLS

3 c. rice, slightly boiled
6 c. ground beef and pork
1 large ground onion

3 tsp. salt
pepper to taste
tomato juice (may be added)

After mixing the top ingredients thoroughly, place a spoonful of filling into each cabbage leaf that has been scalded and drained, then roll up the leaf; place in layers in container. Add water; steam for 2 to 3 hours. Water and tomato juice may be added to keep the rolls moist.

Mrs. Ruth Henschel

**** EXTRA RECIPES ****

MEAT

FISH

Poultry

ROASTING

MEAT	Ser. Temperature	Time in Minutes per Pound	Time in Min. per Lb. Started Cooking From Frozen State
Beef			
Standing Rib 6-8 Lbs.	300	Rare 18-20 Medium 22-25 Well Done 27-30	43 47 55
Less than 6 pounds	300	Rare 33 Medium 45 Well Done 50	55 60 65
Roled Ribs	300	Rare 32 Medium 38 Well Done 48	53 57 65
Rump (high quality)			
Standing	300		25-30 50
Roled	300		30-35 55
Lamb			
Leg	300		30-35 40, 45
Roled Shoulder	300		40-45 40-45
Shoulder (bone in)	300		30-35 40-45
Veal			
Leg	300		25-30 40-45
Shoulder	300		25 40-45
Boned and Roled	300		40-45 40-45
Pork			
Loin	350		35-40 50-55
Fresh Ham	350		30-35 50-60
Smoked Pork			
Ham (New style)	300		15
Ham (New style) Half	300		18-20
Ham Butts	300		35/40

POULTRY

Chicken

Stuffed 3-4 lbs.	350	45-40
Stuffed 4-5 lbs.	350	40-35
Stuffed over 5 lbs.	325	35/30

Turkey

8-10 lbs.	325	25-20
10-14 lbs.	325	20-18
14-18 lbs.	300	18-15
18-20 lbs.	300	15-13

Goose

10-12 lbs.	325	30-25
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Duck

5-6 lbs.	350	35-30
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MEAT, FISH, POULTRY

CHILIGHETTI

1 lb. ground beef	2 c. tomato juice
1 large onion	1 Tbsp. Worcestershire sauce
2 tsp. chili powder	1 to 3 tsp. salt
2 c. kidney beans	1/2 to 1 tsp. pepper
1 1/2 c uncooked spaghetti	

Fry ground beef until done. Chop onion and mix with meat. Using deep bake dish, put in alternate layers of meat, spaghetti and beans. Add chili powder, sauce, salt and pepper to tomato juice and bring to a boil. Pour over other ingredients. Bake 1 hour at 350 degrees.

SWEET AND SOUR

Put spareribs in roaster and add:

1/2 tsp. salt	2 tsp. soya sauce or H.F. sauce
1 1/2 Tbsp. brown sugar	4 Tbsp. flour
1 Tbsp. cornstarch	

Mix all together. Put on 3/4 cup of water. Bake 2 hours. Cook in a pot:

1 1/2 c. brown sugar	1 1/2 c. water
1/4 c. vinegar	

Boil 10 minutes, thicken with cornstarch. Pour on spareribs. Cook until tender, approximately 20 minutes in oven.

Mrs. C. Gramms

MEAT LOAF

1 lb. fresh ground beef	1/2 c. finely chopped onion
1 egg	1 2/3 c. milk
1 1/2 tsp. salt	2 c. soft bread crumbs

Combine all ingredients, mixing thoroughly. Pack into a greased loaf pan and bake in a moderate oven (350 - 375 degrees) for about 1 hour. Slice and serve hot or cold. Serves 6.

Mrs. E. Kartz

WASHDAY DINNER

Cook 1/2 cup of rice until partly done. Take a casserole, 1 1/2 quart size, put 2 tablespoons of melted fat in it, then slice

WASHDAY DINNER (Continued)

a layer of onions, a layer of potatoes, 1 pound of hamburger spread on potatoes, lastly the rice put on top. Sprinkle salt and pepper on each layer. Pour a can of tomatoes over top of this and bake for about 1 1/4 hours, or until done, in an oven about 375 to 400 degrees.

Tillie Oswald

SIRLOIN ROAST

(3 to 4 Pounds)

Take sharp pointed knife and cut in roast with point and shove a cube of bacon down the hole all over the roast, then brown in small amount of oil on all sides, salt and pepper to taste. Cook at 350 degrees until tender - (allow about 20 minutes per pound).

Gravy: Add 2 cups of boiling water to gravy in pan.

2 Tbsp. cornstarch	1 1/2 tsp. prepared mustard
1/2 c. cold water	1 Tbsp. vinegar
1/4 tsp. salt	1 tsp. sugar
dash of pepper	

Mix with cold water, 2 tablespoons of cornstarch until smooth. Add rest of ingredients. Add to gravy and cook until thickened.

Tillie Oswald

BEEF STROGANOFF

1 lb. round steak, cut in 3/4 inch pieces	1 c. sour cream
2 Tbsp. fat	1 can tomato soup
1/2 c. chopped onion	1 Tbsp. Worcestershire sauce
1 clove garlic, minced	6 to 8 drops Tabasco sauce
1 (6 oz.) can mushroom rooms, quartered	1/2 tsp. salt
	1/8 tsp. pepper

Dip meat in flour and brown in hot fat. Add onion, garlic and mushrooms. Combine the ingredients in order given. Pour over meat. Simmer until tender, about 1 hour. Serve over rice. Sprinkle with Parmesan cheese, if desired. Serves 4 to 6.

Mrs. Molly Jantz

MUSHROOM MEAT BALLS

1 can cream of mushroom soup	1/2 c. water
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MUSHROOM MEAT BALLS (Continued)

Blend Measure out 1/4 cup of soup mixture. Combine with.

1 lb. ground beef	1 Tbsp. minced parsley
1/2 c. dry bread crumbs	1 egg (slightly beaten)
2 Tbsp. minced onion	1/4 tsp. salt

Shape into balls about 1 1/2 inches in diameter Brown in 1 tablespoon of shortening in a large skillet Add remaining soup mixture, cover - cook over low heat about 15 minutes Stir occasionally Serves 4 Cream of celery soup may also be used in place of the mushroom soup

Mrs. Molly Jantz

STEWED STEAK WITH MACARONI

1 1/2 lb. round steak	1 Tbsp. catsup
2 Tbsp. flour	1/4 lb macaroni
2 Tbsp butter	pepper and salt

Cut meat in small pieces; roll in flour and brown in butter. Cover with hot water and allow to simmer slowly for 1 1/2 hours, add the macaroni and cook for 3/4 hour. Season with salt, pepper and catsup. Cook for another 10 minutes. Serve on a hot dish with meat in the middle and macaroni around.

Mrs. Molly Jantz

BARBECUED SPARERIBS

3 lb. short ribs	dash of pepper
1 onion, chopped	3 Tbsp. flour
1 tsp. salt	

Brown spareribs and add onion, then drain off lard Put on sauce.

Sauce:

1/4 c. vinegar	1/2 tsp. dry mustard
2 Tbsp. brown sugar	1/2 c. water
1 c catsup	

Cook until done.

Tina Jantz

SWEET AND SOUR SPARERIBS

Cut spareribs into small pieces. Season with salt and pepper and bake in small roaster. Thirty minutes before serving, pour off grease and cover with the following sauce:

2 c. brown sugar	3 c. water (or substitute pineapple juice for some water)
1 c. vinegar	1 Tbsp. soya sauce

Combine ingredients and bring to a boil. Add cornstarch to make quite a thick sauce

Mrs. H. Gellert

SWEET & SOUR RIBS

3 lb. ribs	3/4 c. flour
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Roll ribs in flour and fry to a golden brown on slow heat. Add salt and pepper

1 c. chopped onions	1/3 c. ketchup
1 c. hot water	1 bay leaf
1/4 c. vinegar	1 1/2 c. hot water
3 Tbsp. brown sugar	

After ribs have been fried, add the onions and saute. Combine vinegar, sugar and ketchup, add to the 1 cup of hot water and add bay leaf and add this mixture to the ribs (after they have been sauteed). Cover tightly and let simmer for about 2 1/2 hours or even longer. When done, take out ribs and remove some of the fat of the gravy, if too much and thicken if not thick enough. May pour over ribs or put into separate bowl. Add water while cooking, or it may burn.

Mrs. Martha Krause

OVEN BEEF STEW

1 1/2 lb. chuck beef, cut in 1 inch cubes	1/2 tsp. salt
flour, salt, pepper	1/2 tsp. sugar
3 Tbsp. fat	1/4 tsp. thyme
4 medium potatoes	1 bay leaf
1 can tomato sauce	1 can kernel corn
1 clove garlic (minced)	1 c. water
1/4 c. parsley (chopped)	1 c. onions (chopped)

Roll meat in flour, salt and pepper. Brown in 3 tablespoons of fat. Place in small roaster. Add onions. Blend tomato sauce,

OVEN BEEF STEW (Continued)

garlic, parsley, salt and sugar with water, add bay leaf. Pour over meat. Cover and bake 1 1/2 hours in moderate oven.

Molly Jantz

CHOP SUEY

1 lb. round steak	1 c. onions
1 c. bean sprouts	2 c. beef broth
1 c. Chinese cabbage	1 1/2 Tbsp. cornstarch
1 c. large cut celery	1 Tbsp. soya sauce
1 c. (or more) mushrooms	dash of salt and pepper

Cut beef steak in small thin strips. Brown beef in pan with butter. When brown, cover and let steam. Parboil all vegetables 2 minutes after coming to a boil, then put in pan with beef and fry 10 minutes.

Sauce: Mix broth, cornstarch, soya sauce and salt and pepper. Put on vegetables and let the sauce thicken. Serve with rice.

Mrs. Erma Niederhaus

LIVER BALLS

1/2 lb. ground liver	1 Tbsp. (or less) parsley
1/2 c. chopped celery	1 well beaten egg
1 c. soda biscuits (crumbs)	

Mix all together and roll in balls. Drop in soup or boiling onion water for 25 minutes. Serve with a white gravy.

1 Tbsp. butter or shortening	1 c. thin cream
1 Tbsp. flour	1/4 tsp. salt

Melt butter or shortening. Add flour and stir until frothy. Remove from heat. Add cream gradually, stirring constantly. Return to cook until sauce is smooth. Add salt and 2 tablespoons of green chopped parsley. Pour over liver balls and serve.

Mrs. Rosalie Werner

TUNA BALLS

1 small can tuna, drained	1/4 c. chopped onion
1/2 c. mayonnaise	salt and pepper
1/2 c. dry bread crumbs	

Mix ingredients together and shape firmly into 1 inch

TUNA BALLS (Continued)

balls. Slightly beat:

1 egg	2 Tbsp. water
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Roll balls in flour, then in egg, then in fine bread or cracker crumbs. Saute slowly in 3 tablespoons of lard or butter until brown. Blend

1 (8 oz.) can tomato sauce	1/4 c. water
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Pour around balls. Simmer 10 minutes.
Mrs. R. Gellert

TUNA FISH SALAD

1 tin tuna	2 chopped apples
1 c. chopped celery	2 Tbsp. lemon juice

Mix with salad dressing. Serve on lettuce leaves with tomato wedges and potato chips.

Mrs. R. Gellert

SWISS STEAK

(Round Steak, Dressed Up)

1 lb. round steak	1 large onion, chopped coarse
1 or 2 Tbsp. vegetable shortening	1/3 c. chopped mushrooms
1/2 c. flour	1/4 c. chili sauce relish (Bick's is excellent)
salt and pepper	1 large can tomatoes

Trim fat off meat and cook fat out in pressure cooker (not under pressure). Pound steak on both sides and cut into serving sizes. Dip into flour, mixed with salt and pepper, then brown on both sides in hot fat. (If steak fat is not enough to keep meat from burning, add 1 or 2 tablespoons of vegetable shortening.) When meat is browned, add tomatoes, onion, mushrooms and chili sauce. Cook under 10 pounds pressure for 25 minutes, let cool normally for 5 minutes and then reduce pressure instantly under cold water. If you do not use a pressure cooker, cook in a heavy pot that seals tightly at 350 degrees for about 1 1/2 hours. Serves 4.

Mrs. Kathryn Schmauch

SALMON LOAF

1 large tin salmon

In saucepan, bring to boil:

4 Tbsp. melted butter

2 c. milk

4 Tbsp. flour

little grated onion

salt

Put salmon in casserole. Pour on hot sauce. Bake in oven for about 20 minutes

Mrs. Ruth Henschel

** EXTRA RECIPES **

**** EXTRA RECIPES ****

Rolls

Pies

Pastries

HIIT

Greaseless Griddle Cakes When making griddle cakes grease the pan for the first cake. After that rub a piece of raw potato over hot griddle instead of greasing. The cakes brown nicely and there will be no smoke.

Sugar in Fruit Pies When making fruit pies sprinkle the sugar under the fruit instead of on top. The juice will boil up through the fruit and not out and over the top.

When the custard pie shrinks away from the crust it has been baked in too hot an oven.

When cutting cream pies dip the knife in warm water and none of the filling will stick to the knife.

To prevent the bottom pie crust from becoming soggy, grease pie pans with butter. The crust will be soft and flaky.

Toast the nut meats and while hot add a little butter. Then your nut bread will take on a new aristocracy.

Meringue will always stand up high and perfect if a generous pinch of baking soda is added to beaten whites.

A few whole cloves in the kettle of frying fat will give the doughnuts a better flavor.

Dry biscuits are caused from baking in too slow an oven and handling too much.

Coarse textured muffins are caused from insufficient stirring and cooking at too low a temperature.

To glaze the top of rolls, cookies or pies brush the top before baking with 1 egg white slightly beaten with 1 Tbsp. milk, then bake.

ROLLS, PIES, PASTRIES

BANANA-NUT BREAD

1/4 c. shortening	1 1/2 c. sifted enriched flour
1/2 c. sugar	2 tsp. baking powder
1 well beaten egg	1/2 tsp. salt
1 c. bran (or graham flour)	1/2 tsp. soda
2 Tbsp. water	1 1/2 tsp. vanilla
1 1/2 c. mashed bananas	1/2 c. chopped nuts

Cream shortening and sugar; add egg, then bran, mix thoroughly. Combine water and bananas, add alternately with sifted dry ingredients. Mix thoroughly; add vanilla and nuts. Bake in paper-lined 9 1/2 x 5 1/4 x 2 3/4 inch loaf pan at 350 degrees for 1 hour. Any type of bran may be used. Graham flour makes a firmer bread.

Mrs. Kathryn Schmauch

WHITE BREAD

2 pkg. fast rising yeast	3 medium potatoes
2 tsp. sugar	8 c. flour
2 Tbsp. salt	3 Tbsp. shortening
1 c. warm water	

Soak yeast in 1 cup of warm water with 2 teaspoons of sugar. Boil potatoes in 3 cups of water, when done, put them through the potato ricer. Pour potato water on the 3 tablespoons of shortening to salt it. Also add your riced potatoes and 2 tablespoons of salt and enough cold water to make it lukewarm, add yeast and 8 cups of sifted flour. Set in warm place to rise. When risen to double in bulk, knead with additional flour until it does not stick to hands. Brush the top with melted shortening, set in warm place to rise until double in bulk again. Punch down and let rise again, then make into loaves. Let loaves stand one hour and bake at 350 degrees for 1 hour.

Tillie Oswald

BROWN BREAD

1 lb. raisins	2 c. rolled oats
1 c. light molasses	2 tsp. salt
4 Tbsp. shortening	

Put these in a bowl and pour 2 cups of boiling water on them; let cool and then add:

BROWN BREAD (Continued)

3 c warm water

2 pkg fast rising yeast

(Dissolve yeast in 1/2 cup of warm water to which 1 teaspoon of sugar has been added) Add flour enough to make a stiff dough and continue as for basic white bread

Tilne Oswald

RING-A-LINGS

(Yeast Dough)

2 pkg. yeast

2 eggs

1/4 c lukewarm water

1/3 c. shortening

1/3 c shortening

1 c icing sugar

3/4 c hot milk

1 c. chopped nuts

1/3 c. sugar

4 to 4 1/2 c. flour

2 tsp salt

Soften yeast in lukewarm water. Let stand 10 minutes. Mix shortening and hot milk, add sugar and salt. Let cool, then add beaten eggs and yeast. Gradually add flour enough to form soft dough, let rise to double in bulk. Roll dough on floured board to 22x12 inch rectangle. Cream shortening, add icing sugar and nuts. Spread filling down center 1/3 of dough. Fold over with other 1/3 of dough and spread filling, cover with other 1/3 of dough, cut in 3/4 inch strips cross wise. Twist each strip, hold one end down on bake sheet and strip around center like a coil. Let rise 1/2 hour and bake at 375 degrees until golden brown.

Glaze

1/4 c sugar

1 Tbsp. butter

1/2 c water

1/2 tsp vanilla

Boil. Brush on top when baked

Martha Krause

EARS

12 eggs

1/2 tsp baking powder

1 c sweet cream

1/2 tsp salt

1/2 tsp vanilla

enough flour to make a soft dough

Beat eggs, add cream, sugar, vanilla, flour, baking powder and salt. Roll out. Cut in squares. Make hole in center with knife, then twist inside. Fry in very hot fat.

Tilne Oswald

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P A T R O N I Z E

A D V E R T I S E D

M E R C H A N T S

SWEET BUNS

6 eggs	5 c. warm water
1 1/2 c. Mazola oil	2 yeast
1 c. sugar	4 tsp. salt

Soak yeast as directed on package. Beat eggs not too much. Add sugar. In your large mixing bowl add lukewarm water, oil and salt. Add eggs and sugar mixture, yeast and enough flour to make a soft dough. Let rise until light and shape into buns. Let rise again. Bake in moderately hot oven until lightly browned. This is also a lovely doughnut recipe except make the dough very soft (sticky).

Mrs. Emil Hammermeister

OVERNIGHT BUNS

When baking bread, take:

4 c. bread batter	1 1/2 c. ^{Lard} white sugar
2 c. cold water	a little salt

flour enough to knead a soft dough

Set in a cool place. Knead down very often during the day. At night, shape into buns, cinnamon rolls or as desired. Brush with melted butter. Let rise overnight and bake in the morning. Hot buns for breakfast.

Martha Krause

HOMEMADE BREAD

2 1/4 c. milk, scalded and cooled	1 pkg. yeast
2 1/4 c. boiling water	3 tsp. salt
1/3 c. sugar	1 Tbsp. vinegar
1/4 c. lard	13 c. unsifted flour

To the lukewarm milk and water, add the yeast, sugar, lard, salt and vinegar. Beat in 6 cups of the flour very thoroughly and allow to rise in a warm place to double its bulk. Add the remainder of the flour, or enough to make a dough. Knead until smooth. Let rise again double its bulk. Shape into 6 loaves. Put in greased pans and let rise again about 1 hour. Bake 50 minutes in 300 degree oven.

Mrs. Ruth Henschel

CINNAMON BUNS

6 c. milk, scalded and cooled	2 c. sugar
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CINNAMON BUNS (Continued)

1/2 c. margarine or butter	2 tsp. salt
2 pkg. yeast	1 Tbsp. vinegar
16 c. flour	1 Tbsp. vanilla or 1 lemon rind
	3 eggs, slightly beaten

To the lukewarm milk, add the yeast, sugar, butter, salt, lemon rind, vinegar and eggs. Beat in 8 cups of the flour very thoroughly and allow to rise in a warm place to double its bulk. Add the remainder of the flour, or enough to make a dough. Knead until smooth. Let rise again double its bulk. Sprinkle flour on board. Cut a piece of dough, press it down to about 1/2 inch thickness, spread on butter or shortening, sprinkle with cinnamon and white sugar. Roll up the dough, cut pieces 1/2 inch thick, put on greased tins. Let rise double in size. Bake in 350 degree oven for 30 minutes. When just about finished baking, these buns may be spread with brown sugar icing, then bake in oven until icing starts bubbling. Icing is made of

2 c. brown sugar	1 Tbsp. melted butter
1/2 c. cream	vanilla

Mrs. Gerhard Henschel

REFRIGERATOR BUNS

2 pkg. dry yeast	3 or 4 Tbsp. butter
1/2 c. lukewarm water	2 tsp. salt
1/2 tsp. sugar	2 beaten eggs
2 c. scalded milk	6 c. flour
3/4 c. sugar	

Put lukewarm water and sugar in a large bowl. Stir until sugar is dissolved, then add the yeast and let stand for 10 minutes. Dissolve 3/4 cup of sugar, butter and salt in scalded milk. When all are dissolved and at room temperature, add 2 well beaten eggs. When lukewarm, add it to yeast mixture, then mix in 4 cups of flour. Beat well and then stir in 2 more cups of flour. Chill in refrigerator 1 hour, then form in balls and let rise 2 hours at room temperature. Bake 20 to 25 minutes at 350 degrees.

Mrs. Erma Niederhaus

BUNS

1 pkg. yeast	1 c. lukewarm water
2 Tbsp. white sugar	1/2 c. mashed potatoes

Let this mixture stand for 1 1/2 to 2 hours, then stir in:

BUNS (Continued)

1 c. flour	1/2 c sugar
1 1/2 or 1 2/3 c. boiled milk, cooled until it is lukewarm	4 Tbsp. butter

Let stand for about 1 to 1 1/2 hours. Now, knead out with 6 cups of flour. Keep bottom of bowl well greased. Let rise until bowl is full, then knead down; let rise again until bowl is full, then form into balls about the size of pullet eggs. Place into greased pans. Let them rise to the size you want to have. Bake in (about) 300 degree oven about 20 minutes.

Mrs. Lydia Kartz

VELVET WAFFLES

2 c. all purpose flour	3 eggs, separated
3 tsp baking powder	1 3/4 c. milk
3/4 tsp. salt	1/2 c. salad oil
3 Tbsp. sugar	

Separate eggs. Beat yolks well, stir into them salt, sugar and milk. Beat in flour and baking powder. Add oil, then fold in stiffly beaten egg whites.

Martha Lothar

MOLASSES BREAD

1 pkg. dry yeast	1 1/2 pt. warm water
1 tsp. sugar	1 Tbsp fat
1/2 c lukewarm water	1 c whole wheat flour (unsifted)
1 c. rolled oats	enough sifted bread flour to make a batter
1/2 c molasses	
2 tsp. salt	

Soak yeast and sugar in 1/2 cup of lukewarm water until dissolved. Mix rolled oats, molasses, salt, 1 1/2 pints of warm water and shortening in a saucepan. Bring to boil, stirring all the time. When mixture starts to thicken, remove from heat and set aside to cool. When cool, add dissolved yeast, 1 cup of whole wheat flour and enough bread flour to make a dough - so it can be kneaded without sticking to board. Place in greased bowl, grease top of dough. Cover and allow to rise in warm place until double in bulk. Knead again and shape into loaves. Place in well greased loaf tins. Allow to rise uncovered until double in bulk. Bake in hot oven (450 degrees) for 10 minutes, then at 350 degrees until loaves shrink from sides of pan.

Kathleen Pinko

FAVORITE PANCAKES

Heat griddle slowly while mixing batter. Beat well, 1 egg. Beat in:

1 1/4 c. buttermilk or sour milk	1/2 tsp. soda
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Then beat in:

1 1/4 c. sifted flour	1 tsp. baking powder
1 tsp. sugar	1/2 tsp. salt
2 Tbsp. soft shortening	

Beat with rotary beater until smooth. Pour batter from tip of large spoon onto hot griddle. Amount: Sixteen 4-inch pancakes.

Mrs. Violet Jantz

FRESH RASPBERRY PIE

1 qt. red raspberries	1 tsp. gelatin
1 1/2 c. water	1/4 c. cold water
1 c. sugar	1 Tbsp. lemon juice
1 1/2 Tbsp. flour	1/8 tsp. salt

Wash and pick over raspberries. Cook 1 cup of the berries with 1 1/2 cups of water until soft. Mix sugar and flour thoroughly; add strained hot liquid from cooked berries, stirring constantly. Cook and stir until thick and clear. Add gelatin, which has been soaked 10 minutes in 1/4 cup of water. Add lemon juice and salt. Cool until mixture begins to thicken, then add remaining berries. Turn into baked pie shell. Chill.

Mrs. C. Gramms

PINEAPPLE PIE FILLING

1 tin crushed pineapple	3 heaping Tbsp. cornstarch
2 c. boiling water	1 Tbsp. butter
3/4 c. sugar	3 eggs

Bring pineapple and water to boil; add cornstarch, mixed with pineapple juice and beaten egg yolks. Cook until thickened. Pour in baked pie shell. Make meringue of egg whites and brown in 350 degree oven.

Martha Krause

PEACH CHEESE TARTS

1/4 c. shortening	1 tsp. baking powder
1/4 c. sugar	1/4 tsp. salt
1 egg	peach jam
2 tsp. lemon juice	1 doz. muffin tins lined with
1/2 Tbsp. lemon rind	pastry (unbaked)
3/4 c. cake flour	

Cream shortening and sugar. Beat in egg, lemon juice and lemon rind. Sift cake flour, baking powder and salt together. Blend into creamed mixture. Place a teaspoon of peach jam in each pastry shell. Cover with a spoonful of cake mixture. Roll remaining pastry very thin and cut into narrow strips. Place a pastry spiral on top of each tart. Bake in hot oven (400 degrees) until golden brown, about 10 to 15 minutes. Makes 1 dozen tarts.
Mrs. Lillian Gellert

BUTTER TARTS

2 eggs, well beaten	1 tsp. vanilla
1 c. brown sugar	1 tsp. salad oil
1 c. raisins	

Mix and place in unbaked tart shells. This makes about 2 dozen tarts.

Mrs. Martha Krause

NEVER FAIL PASTRY

5 level c. flour	1 tsp. salt
4 Tbsp. brown sugar	1 egg (beat, add cold water to
1 tsp. soda	3/4 mark - add 1 tsp. white
2 c. lard (room temperature)	vinegar, beat all together with fork)

Chop as you do for any pie crust. Stir egg mixture and add to flour mixture. Dough will be sticky, but will handle nicely after standing in refrigerator for an hour or so.

Lotty Kartz

LEMON PIE

juice and rind of 1 lemon	1 1/4 c. boiling water
3/4 c. sugar	2 heaping Tbsp. cornstarch
2 egg yolks	1 Tbsp. butter

Mix lemon rind and juice with sugar. Add egg yolks and beat thoroughly. Gradually add boiling water. Bring to boil and

LEMON PIE (Continued)

stir in cornstarch, which has been dissolved in a little cold water. Stir in butter. Pour into 9-inch baked pie shell and top with meringue.

Mrs. R. Gellert

BERRIES AND CREAM PIE

Make pastry for one crust pie. Line pie pan.

Filling for 9-inch pie: Place 4 cups of fresh berries in pastry lined pan. Mix together and pour over berries:

2/3 c. sugar	1/2 tsp. cinnamon
4 Tbsp. flour	1 c. cream (30%)
1/4 tsp. salt	

Bake until crust is nicely browned and filling set. Serve slightly warm. Temperature: 400 degrees (moderately hot oven). Time Bake 35 to 45 minutes

Blueberries and cream pie: Follow recipe above using blueberries or raspberries. In place of berries, use ripe, juicy sliced peaches for peaches and cream pie

Mrs. Violet Jantz

**** EXTRA RECIPE ****

CAKES
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HINTS

Roll raisins in flour before stirring them into a cake to prevent them from going to bottom

When making cookies add 1 tsp. jam or jelly. The cookies will have a better flavor and stay moist longer

2 Tbsp. of lemon juice added to 1 c. of milk will sour it immediately.

In making rolled cookies chill cookie dough for about 1/2 hour. The dough will be much easier to handle and will require much less flour, therefore will make a more tender cookie

To substitute cocoa for chocolate use 3 Tbsp. cocoa in place of each square (1 oz.) chocolate called for. If substituting cocoa for chocolate in batter, also add 1 Tbsp. shortening for every 3 Tbsp. cocoa used.

Cracks and uneven surface of cakes may be caused by too much flour, too hot an oven and sometimes from cold oven start.

Add several drops of vinegar to icing while beating and it will be soft and seldom grainy

CAKES, COOKIES

DREAM CAKE

1 1/4 c. flour
2 Tbsp. brown sugar

1/2 c. butter

Mix and place on bottom of pan. Spread on top, following (mixed).

1 1/2 c. brown sugar
1 c. coconut
2 eggs, beaten

vanilla
1/2 c. walnuts

Mrs. Gertrude E. Kadatz

PINEAPPLE CREAM CAKE

First Part:

2 1/2 c. graham wafers
(30)

1/4 c. butter

Keep out about 1/4 cup of crumbs. Mix remainder together and bake for 10 minutes in 325 degree oven.

Second Part:

1/2 c. butter
1 1/2 c. icing sugar

2 eggs

Cream butter and sugar until fluffy. Add beaten eggs and spread on top of the other mixture. Whip 1/2 pint of cream. Add vanilla and 1 tin of crushed pineapple (strained). Sugar may be added to sweeten cream, but not necessary. Put on top of other mixture and sprinkle remaining crumbs on top. Leave overnight in refrigerator. Serves 10.

Mrs. A. Werner

NEW YORK SPECIAL (No Baking)

1/2 c. butter
1/4 c. sugar

3 Tbsp. cocoa

Place in top of double boiler. Stir until smooth. Add 1 large beaten egg and stir in 1 teaspoon of vanilla. Remove from heat and add;

NEW YORK SPECIAL (Continued)

2 c. graham wafer
crumbs

1 c. desiccated coconut
3/4 c. chopped nuts

Spread in 9 inch pan and put in cool place to set. Mix.

1/4 c. butter
2 c. icing sugar

2 Tbsp. custard powder
3 to 4 Tbsp. cream to make it
spread

Spread over first mixture. Melt:

2 sq. semi-sweet chocolate

1 Tbsp. butter

Spread over cake and allow to set. Let set for 2 days.
Wanda G. Swanek

HAZELNUT CAKE

First Layer.

1/2 c. shortening
1/2 c. sugar

1 egg
1 c. flour

Cream shortening and sugar. Beat in egg. Stir in flour and make smooth dough. Press in 8 inch greased pan. Bake in moderate oven (350 degrees) from 15 to 20 minutes.

Second Layer

1/4 c. shortening
1 c. sugar
4 eggs, separated
1/4 c. poppy seed

1 tsp. vanilla
1/4 c. chopped raisins
1 c. ground hazelnuts
1 c. heavy cream

Cream shortening, sugar and egg yolks. Stir in poppy seed, raisins, hazelnuts, cream and vanilla. Beat egg whites until stiff and gently fold into shortening mixture. Spread in cooled bottom layer and return to moderately slow oven (300 degrees) from 60 to 65 minutes. Turn off heat and allow the cake to cool gradually with oven door open.

Mrs. Lillian Gellert

FUNNY CAKE

Make pastry from:

1 1/2 c. flour

1 tsp. salt

FUNNY CAKE (Continued)

1/2 c. shortening 2 to 3 Tbsp water

Mix well and line pan, bringing the dough up on sides a little.

Second: Make a cake batter from:

1 1/4 c. cake flour	1/4 c. shortening
1 tsp. baking powder	1/2 c. milk
3/4 c. sugar	1 tsp. vanilla
1/2 tsp. salt	1 unbeaten egg

Put batter on pastry in pan.

Third: Make a sauce. In saucepan, combine:

1/2 c. brown sugar	2 Tbsp. corn syrup
1/4 c butter	

Cook and stir over low heat until it comes to a boil. Add 3 tablespoons of water and bring to boil again for 1 1/2 minutes. Remove from heat, add vanilla, then cool slightly and pour over cake batter. Now, sprinkle nuts or coconut on top and bake at 350 degrees for 50 minutes.

Mrs. Elsie Schiewe

DREAM CAKE

1 c. sifted flour	1/2 c. brown sugar
1/2 c. butter (soft)	

Mix flour, sugar and butter and press in square 8-inch pan. Bake 10 minutes at 350 degrees.

Top.

2/3 c. Eagle Brand milk (condensed)	1 1/4 c. coconut
1 tsp. vanilla	1/3 c walnuts
	1/4 c. sliced cherries

Combine and spread over baked pastry. Return to oven 20 minutes, or until firm. (Keeps best in refrigerator.)

Kathleen Pinko

HEAVENLY JAM CAKE

Part 1.

HEAVENLY JAM CAKE (Continued)

1 c. flour
1/2 c. butter
1 tsp. baking powder

1 Tbsp. milk

1 egg

salt

See below for recipe

Part 2:

1 c. sugar
1 egg
butter, size of an egg

1/2 tsp. vanilla

2 c. coconut

See below for recipe

See above for recipe

Mix Part 1 and put in pan. Cover with apricot jam, then mix Part 2 and spread on Part 1 mixture. Use 8x8 inch pan. Pre-heat oven at 350 degrees. Bake 20 minutes, or until done.

Martha Henschel

GERMAN COFFEE CAKE

2 c. flour
3/4 c. sugar
1/2 tsp. nutmeg
1/4 tsp. cinnamon

1/2 tsp. salt

2 eggs

4 tsp. baking powder

1/4 c. butter

1 c. milk

Topping:

1 c. brown sugar
1/4 c. butter

4 Tbsp. flour

1/2 tsp. cinnamon

Cream butter, sugar and eggs. Add flour, nutmeg, cinnamon, salt and baking powder, then mix, add milk and mix again. Pour into greased pan. Crumble on Topping. Bake at 350 degrees for 30 minutes.

Mrs. H. Minchau

BOILED SPICE CAKE

2 c. sugar
2 c. water
2 c. raisins
3/4 c. shortening
1 tsp. salt
2 tsp. cinnamon

1/2 tsp. cloves

2 well beaten eggs

2 tsp. soda

4 c. flour, sifted with 2 tsp. baking powder

Put first 7 items into saucepan and boil a short time. Take off stove, cool and add the rest of the ingredients. Put in loaf tins and bake in moderate oven (350 degrees) for 1 hour.

Mrs. R. Reppert

SOUR CREAM SPICE CAKE

1 c. sour cream	1/2 c. walnuts
1 egg, slightly beaten	1 1/2 c. flour
1/2 c. raisins	1/2 tsp. cream of tartar
1 tsp. baking soda	1 tsp. cinnamon
1/2 tsp. salt	1 tsp. nutmeg
1 c. brown sugar	

Mix cream, egg and sugar. Add dry ingredients. Mix well, add raisins and nuts. Bake in loaf pan about 45 minutes.

Mrs. Martha Krause

SOUR CREAM CHOCOLATE CAKE

1 c. sugar	1/2 c. cocoa
2 eggs	1 tsp. baking powder
1 c. sour cream	1 tsp. soda, dissolved in 1/2 c.
1/2 tsp. salt	boiling water
1 1/2 c. flour	

Mix in order given. Bake for 35 minutes in a 350 degree oven. May serve with whipped cream or following frosting.

Beat & Eat Frosting:

1 egg white, unbeaten	1 tsp. vanilla
3/4 c. sugar	1/4 tsp. boiling water
1/4 c. cream of tartar	1/2 pkg. coconut

Mix egg white, cream of tartar, sugar and vanilla in small deep bowl. Add boiling water. Beat until stiff peaks with beater. Spread between layers and on top and sides of cake. Sprinkle with coconut or crushed walnuts.

Mrs. Martha Krause

DATE NUT LOAF

1 c. chopped dates	1 tsp. vanilla
1 tsp. soda	1 1/2 c. flour
3/4 c. boiling water	1 tsp. baking powder
1 egg	3/4 c. chopped walnuts
1 tsp. salt	1/4 c. salad oil or melted butter
3/4 c. brown sugar	(cooled)

Cut dates into bowl and sprinkle soda over them. Pour boiling water over and let cool. Beat egg and add sugar gradually, then add salt and vanilla. Add the dates and sifted dry ingredients. Also add the floured nuts. Add salad oil. Mix well.

DATE NUT LOAF (Continued)

and pour into greased loaf pan. Bake in a 300 - 325 degree oven for 1 1/4 hours. Good for freezing. To serve, slice and spread with butter when still cold.

Mrs Martha Krause

ORANGE CAKE

1/2 c. butter	1/2 c. raisins
1 c. sugar	1/2 c. walnuts, chopped
2 eggs, beaten	1 tsp. baking powder
1 tsp. baking soda	2 c. flour
1 c. sour milk	rind of 1 orange
1 c. dates, chopped	

Grate rind of 1 orange. Cream butter; add sugar, little at a time. Add eggs and rind of orange. Sift flour, baking powder and soda into egg mixture. Bake at 375 degrees for 50 minutes.

Topping: Pour on top of cake after baked, 1/2 cup of brown sugar and orange juice, mixed.

Mrs. H. Minchau

FRUIT NUT LOAF

2 c. flour	3/4 c. chopped dried apricots
4 tsp. baking powder	1 egg
1 tsp. salt	1 c. milk
2/3 c. sugar	3 tsp. salad oil or melted butter
1 c. chopped walnuts	

Beat egg and add sugar gradually; add salt and chopped apricots. Add sifted dry ingredients alternately with milk. Add floured nuts and mix well. Lastly, add salad oil. Bake for 1 hour at 375 degrees. Let stand at least 1 day before eating. May be frozen.

Mrs Martha Krause

DREAM CAKE

Lower Crust:

1/2 c. butter	1 c. sifted flour
2 Tbsp. icing sugar	

Blend together well and spread evenly in ungreased pan.

Topping for Cake:

DREAM CAKE (Continued)

2 eggs	1/2 c. cherries
1 c. white sugar	1 tsp. vanilla
1/4 c flour	1 c. chopped walnuts
1/8 tsp. salt	1 c. desiccated coconut
1 tsp. baking powder	

Beat eggs and add sugar. Sift together flour, salt and baking powder; add to first mixture. Add fruit, flavoring, nuts and coconut. Pour over pastry. Bake in moderate oven (350 degrees) for 30 minutes.

Mrs. Laura Walter

ICEBOX CAKE

30 graham wafers	1/2 c. butter
1/2 c. sugar	

Rub into crumbs as for pie.

Filling:

2 c. sweet cream, whipped	1/2 c. green cherries
1 can crushed pineapple (drained)	2 pkg. gelatin, dissolved in 1/2 c. water
1/2 c. red cherries	1/2 c. sugar

Mix juice of pineapple, sugar and gelatin together. Boil 20 minutes. Keep well stirred. Let cool for 15 minutes. Whip cream, add pineapple, cook juice and mix well. Line bottom of tin with some graham wafer mixture. Pour in filling and spread rest of graham crumbs on top. Put in cool place.

Mrs. C. Gramms

ENGLISH CHRISTMAS CAKE

1 lb. butter	4 lb. Sultana raisins
3 c. light brown sugar	1 lb. glazed mixed fruit
10 eggs	1/2 lb. red cherries
dash salt	1/2 lb. green cherries
almond extract	1/2 lb. almonds
1 c. brandy or fruit juice	1/2 lb. walnuts
5 tsp. baking powder	4 rings yellow pineapple
5 c. flour	

Cream butter, add sugar and salt gradually. Cream together until very light. Add eggs, almond extract, fruit juice, 4 1/4 cups of flour and baking powder. The 3/4 cup of flour

ENGLISH CHRISTMAS CAKE (Continued)

mixed together with fruit and nuts. Add this fruit and nut mixture to the creamed mixture. Line tins with greased brown paper and bake in 275 degree oven for 2 hours.

Mrs. Ruth Henschel

TUTTI FRUTTI CAKE

1/4 c. walnuts (chopped)	1 c. white sugar
1/2 c. raisins	1 egg, beaten
1/2 c. dates (chopped)	1/4 tsp. salt
1 large tsp. baking soda	1 tsp. ground cinnamon
1 c. boiling water	1 tsp. ground cloves
1/2 c. shortening (or	1 1/3 c. sifted flour
1/4 c. butter and 1/4	1 tsp. lemon extract
c. shortening)	

Put walnuts, raisins and dates in mixing bowl. Add soda and boiling water, let cool. When cool, add shortening (soft, but not melted), sugar, egg, salt, cinnamon, cloves, flour and lemon extract. Bake in greased 8-inch pan and about 45 minutes at 350 degrees.

Wanda G. Swanek

BANANA FRUIT CAKE

1 c. butter	1 tsp. cloves
2 c. sugar	3 tsp. cinnamon
2 eggs, beaten well	2 tsp. ginger
2 c. mashed bananas	1 tsp. salt
2 tsp. soda	1 c. sour milk
4 c. cake flour	2 c. chopped nuts
4 tsp. vanilla	

Add other fruits, if desired, for fruit cake. Cream butter and add sugar; next eggs. Add soda to mashed bananas and add to butter mixture. Mix the sifted flour, cinnamon, ginger, cloves and salt to mixture alternately with sour milk and vanilla; add nuts and fruit. Bake in moderate oven 15 to 20 minutes.

Mrs. L. Gellert

BANANA CAKE

1/2 c. butter	2 c. sifted flour
1 c. sugar	2 tsp. baking powder
2 eggs, well beaten	pinch salt
1 tsp. baking soda	1 c. chopped walnuts
4 tsp. boiling water	1 tsp. vanilla
1 c. mashed bananas	

BANANA CAKE (Continued)

Cream butter and sugar, add beaten eggs and beat well. Dissolve soda in hot water. Add to mashed bananas, then to first mixture. Sift dry ingredients and add. Lastly, add walnuts and vanilla. Bake in moderate oven for 40 minutes.

Mrs. Laura Walter

CARROT CAKE

3 eggs	2 tsp. baking powder
1 c. sugar	2 tsp. cinnamon
1 c. Mazola oil	1/2 tsp. soda
1 c. shredded carrots	1/2 tsp. salt
1/2 c. chopped dates	2 c. flour (all purpose)
1 c. walnuts	

Beat eggs until foamy, add sugar, followed by oil, stirring constantly. Add grated carrots. Sift together dry ingredients and add to mixture. Bake 1 hour at 350 - 375 degrees.

Icing: (If desired)

1 c. sweet cream	1/2 c. sugar
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Boil together until it gets caramel color and thick, but still runny. Take off stove; add 1 teaspoon of butter and vanilla. Spread on cake.

Mrs. Rosalie E. Werner

GOLDEN SPICE CAKE

2 c. sifted all purpose flour	1/2 tsp. nutmeg
1 1/2 c. granulated sugar	7 large eggs, separated
3 tsp. Magic baking powder	3/4 c. canned pumpkin
1 tsp. salt	1/2 c. salad oil
1 tsp. cinnamon	1/2 c. water
1/2 tsp. cloves	1/2 tsp. cream of tartar

Sift dry ingredients together into a mixing bowl. Separate eggs; set whites aside. In a small bowl, combine yolks with pumpkin, salad oil and water. Make a well in center of dry ingredients; add liquid all at once. Blend until smooth. Beat whites with rotary beater until foamy, add cream of tartar. Beat 3 to 5 minutes until stiff. Fold into pumpkin batter. Turn into ungreased 10 inch tube (angel food cake) pan. Bake in a moderately slow preheated (325 degree) oven 55 minutes. Raise temperature to 350 degrees and bake 15 minutes longer. Remove cake from

GOLDEN SPICE CAKE (Continued)

oven. Invert pan onto cake rack at once. Let stand until cool (about 1 hour). Loosen sides and center of cake with a spatula. Turn onto cake rack. Frost with maple walnut frosting

Mrs. Elsie Hoffman

CHOCOLATE CHIFFON ROLL

3/4 c. sifted cake flour	1/4 c. cocoa
3/4 c. granulated sugar	1/4 c. salad oil
2 tsp. baking powder	3 egg yolks
1 tsp. powdered instant coffee	6 Tbsp. water
1/2 tsp. salt	1 tsp. vanilla
1/4 tsp. cinnamon	1/4 tsp. cream of tartar
	3 egg whites

Mix and sift first 7 dry ingredients into a deep bowl. Make a well and add in order - salad oil, egg yolks, water and vanilla. Beat with spoon until smooth. Add cream of tartar to egg whites; beat until egg whites form very stiff peaks. Fold first mixture gently into egg whites until well blended. Fold, do not stir. Line a 10 x 16 inch jelly roll pan with waxed paper and grease paper lightly, turn batter into pan. Bake in a moderate oven (350 degrees) for 12 minutes, or until cake springs back when touched lightly with finger. Turn out on a clean towel covered with icing sugar. Peel off waxed paper; cut off crisp edges. Roll up in towel. Cool. Fill with whipped cream or the following filling

Pineapple Whipped Cream Filling.

1/2 c. drained canned crushed pineapple	1 1/2 tsp. gelatin
1/4 c. toasted coconut	1/2 pt. whipping cream
1 Tbsp. chopped maraschino cherries	2 Tbsp. granulated sugar
	1/4 tsp. vanilla
	1/4 tsp. grated orange rind

Prepare pineapple, coconut and cherries. Soften gelatin in 1 tablespoon of water, melt over hot water. Cool. Beat whipping cream until thick, add gelatin, beat until stiff. Beat in sugar; add vanilla, orange rind, prepared fruits and coconut. Unroll cake, spread with filling; re-roll. Chill several hours or overnight.

Lillian Henschell

JELLY ROLL

6 eggs	1 tsp. baking powder
1 c. sugar	1/2 tsp. salt

JELLY ROLL (Continued)

1 tsp. vanilla

1 c. cake flour

Combine eggs, salt and baking powder. Place in bowl of hot water, beat and add sugar, a little at a time. Beat until mixture becomes thick and light colored. Take from water, fold in vanilla and flour. Bake 25 minutes.

Martha Lothar

CARAMEL FRUIT SPONGE

6 peaches

1/2 c. brown sugar

4 Tbsp. butter

12 Tbsp. boiling water

1 1/2 c. sugar

1 tsp. salt

3/4 tsp. flavoring

2 1/2 c. flour

3 tsp. baking powder

4 eggs

Melt butter and brown sugar in pan in which pudding is to be baked. Add sliced peaches and pour over the following mixture. Beat eggs, add sugar gradually and beat until very light and smooth. Add salt and flavoring, then fold in sifted flour and baking powder. Add boiling water and mix thoroughly. Bake in moderate oven.

Mrs. Dorothy Wilkinson

DEVIL'S FOOD CAKE

2 c. sugar

1 c. shortening

3 eggs

2 c. sour milk or butter-
milk

1/4 tsp. salt

1 tsp. soda

1 tsp. vanilla

1 tsp. baking powder

2 1/2 c. flour

1/2 c. cocoa

Mix 1 cup of sour milk, 1 cup of sugar and 1/2 cup of cocoa in a pot and heat until smooth, then cool. Cream shortening. Add remaining sugar and cream until light. Add eggs and beat, then add cooled mixture and remaining 1 cup of sour milk. Lastly, add sifted dry ingredients. Mix and bake at 350 degrees.

P.S. To alternate this recipe, omit shortening and sour milk, using 2 cups of heavy sour cream.

Mrs. Dorothy Wilkinson

QUEEN ELIZABETH CAKE

1 c. dates

1 c. boiling water

1 c. sugar

1 tsp. vanilla

712

1 tsp. soda

1/4 c. butter

1 egg

QUEEN ELIZABETH CAKE (Continued)

Chop 1 cup of dates. Sprinkle over 1 teaspoon of soda. Pour on 1 cup of boiling water and let cool. Cream together 1/4 cup of butter and 1 cup of sugar. Add well beaten egg. Add date mixture and 1 teaspoon of vanilla. Sift together:

1 1/2 c. flour	1/4 tsp salt
1 tsp. baking powder	

Add with 1/2 cup of walnuts Bake at 350 degrees for 30 minutes.

Icing:

5 Tbsp. brown sugar	3 Tbsp. butter
2 Tbsp. cream	1/2 c. coconut

Heat in saucepan and spread on cake when cool.

Jeanette Kadatz

QUICK SPICE CAKE

1 3/4 c. cake flour (sift once, then measure)	1 1/3 c dark brown sugar, firmly packed
pinch salt	2 eggs
2 tsp. baking powder	1/2 c. cold water
1 tsp cinnamon	1/3 c. nut meats
1/4 tsp nutmeg	1 c. raisins (floured with 1 Tbsp. flour)
1/4 tsp cloves	
1/3 c. shortening	

Sift together the flour, salt, baking powder, cinnamon, nutmeg and cloves. Place in a large mixing bowl, add the shortening, sugar, eggs and cold water. Beat the entire mixture 5 minutes at No. 4 speed; add the nuts and raisins the last minute. Bake 45 to 50 minutes in a medium sized loaf tin at 350 degrees

Mrs. Emil Grams

ONE EGG CHOCOLATE CAKE

1 c. white sugar	1 1/2 c. flour
1 egg	1 tsp. baking powder
1/2 c. milk	1/2 tsp. soda
1/2 c. cocoa	1 tsp. vanilla
1/2 c. shortening or butter	1/2 c. boiling water
1/2 tsp. salt	

Put all together in order given. Do not stir until the boiling

ONE EGG CHOCOLATE CAKE (Continued)

water is added. Beat 3 minutes. Bake in slow oven for 1/2 hour.

Mrs. Emil Grams

SOUR CREAM CAKE

1 c. sugar	1 1/2 tsp. baking powder
2 eggs	1/2 tsp. baking soda
1 c. thick sour cream	1/3 tsp. salt
1 tsp. vanilla	1 3/4 c. flour

Combine sugar, eggs, cream and vanilla in mixing bowl and beat for 2 minutes. Sift the flour, baking powder, salt and baking soda together, add to the first mixture, a little at a time. Do not over-mix. Put this batter in an 8x8 inch greased cake tin or layer cake tins. Bake for 30 minutes in a moderate oven, 375 degrees. Top with your favorite frosting.

Mrs. Frances Teske

CHOCOLATE CHIFFON CAKE

1 c. hot water	3 egg yolks
1 c. sifted cake flour	1/2 c. Fry's cocoa
1/4 tsp. soda	2 tsp. baking powder
1 c. fine granulated sugar	1/2 tsp. salt
1/2 c. corn oil	1/2 tsp. vanilla
	1/4 tsp. cream of tartar

Combine hot water and cocoa. Cook 1 minute, stirring constantly. Cool. Sift together cake flour, baking powder, soda, salt and sugar. Add cool cocoa syrup, corn oil, vanilla and egg yolks. Blend until smooth. Beat egg whites with cream of tartar until stiff. Fold this into first mixture, blending carefully. Bake in ungreased 8 inch pan 45 minutes at 350 degrees.

Mrs. Ben Kadatz

BANANA CAKE

1/2 c. butter	2 c. sifted flour
1 c. sugar	2 tsp. baking powder
2 eggs, well beaten	pinch salt
1 tsp. baking soda	1 c. chopped walnuts
4 tsp. boiling water	1 tsp. vanilla
1 c. mashed bananas	

Cream butter and sugar, add beaten eggs and beat well. Dissolve soda in hot water. Add to mashed bananas, then to first mixture. Sift dry ingredients and add. Lastly add walnuts and vanilla.

Martha Henschel

FRUIT CAKE

1 lb. candied fruit	1/2 c. sugar
1 c. white raisins	3 eggs, unbeaten
1 c. almonds, cut	1 tsp. vanilla
2 c. flour	1/4 tsp. almond
1 tsp. baking powder	1/2 c. orange juice (or any light fruit juice)
1/4 tsp. salt	
1 c. sugar	

Combine fruit and nuts with flour after it has been sifted with baking powder and salt. Cream sugar and butter until light and fluffy, then add one egg at a time, beating well after each egg. Add flavoring, fruit and flour mixture to the above and fruit juice last. Place heavy brown paper in bottom of pan and grease well. Bake about 2 hours in a large loaf pan in a 300 degree oven.

Mrs. A. Werner

COCONUT FLUFF CAKE

2 1/4 c. sifted cake flour	1 1/8 c. milk
4 1/2 tsp. baking powder	1 tsp. vanilla
1 1/2 tsp. salt	1 tsp. almond extract
1 3/4 c. sugar	2/3 c. egg whites, unbeaten
3/4 c. vegetable shortening	

Mix and sift flour, baking powder, salt and sugar. Add shortening and milk. Beat for 2 minutes until batter is well blended and glossy. If electric mixer is used, beat at low to medium speed for same period of time. Add vanilla, almond extract and egg whites, beat 2 minutes. Pour into 2 slightly greased, floured 8-inch square layer cake or 9 inch round layer cake pan. Bake in moderate oven (350 degrees) 35 to 40 minutes. Frost with fluffy white frosting. Cover with coconut.

Loaf cake. Turn batter into lightly greased, floured loaf pan. Bake in moderate oven (350 degrees) 40 to 50 minutes.

Mrs. Meta Lindberg

POPPY SEED CHIFFON CAKE

Soak 1/2 cup of poppy seed in 1 cup of water for 3 hours. In a bowl sift together:

3 tsp. baking powder	1 1/2 c. sugar
2 c. sifted all purpose flour	1 tsp. salt

Form a well and add.

POPPY SEED CHIFFON CAKE (Continued)

1/2 c. salad oil	2 tsp. vanilla
5 egg yolks	7 unbeaten egg whites
poppy seed with water	1/4 tsp. soda

Beat until smooth. In another bowl, put,

7 egg whites	1/2 tsp. cream of tartar
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Beat until very, very stiff peaks form. Pour yolk mixture over whites gently folding it in (do not stir). Pour into ungreased tube pan 4 inches deep. Bake for 50 minutes at 325 degrees, then increase to 350 degrees for 10 to 15 minutes. Turn pan upside down to cool. Make sure cake is cool before removing from pan.

Mrs. Agnes Matter

ANGEL FOOD CAKE

1 rounding c. cake flour (sift 6 times)	2 c. egg whites (at room temperature)
1 1/2 c. granulated sugar (sift 6 times)	1/8 tsp. salt
	1 tsp. cream of tartar
	1 tsp. vanilla

Sift flour 6 times. Lift sifter to incorporate air. Beat eggs after adding salt, use wire beater. When foamy, add cream of tartar and light oven. Set at 350 degrees. Beat eggs stiff, slowly fold in sugar, 2 tablespoons at a time, fold gently. Add vanilla. With sifter add a little flour at a time, fold lightly. Add 2 tablespoons of cold water. Rinse cake tin with cold water. Drain well. Put in pan. Bake 50 to 55 minutes in 350 degree oven. Invert cake pan 1 to 2 hours until cold.

Lotty Kartz

CRUMB CAKE

2 c. flour	3/4 c. butter
1 c. sugar	

Mix and rub to crumbs. Take out 3/4 cup of this mixture and set aside. Mix remaining crumbs with

1/2 c. raisins	2 eggs
1 tsp. cloves	1 c. sour milk
1 tsp. cinnamon	1 tsp. soda
1 tsp. nutmeg	

CRUMB CAKE (Continued)

Mix in order given. Add the soda to the milk and add to the mixture. Sprinkle the 3/4 cup of the crumbs. Bake in a 350 degree oven until cake is done. Serve warm or cold.

Mrs. Martha Krause

FRUIT CAKE

12 eggs	1/2 nutmeg
1 lb. butter	4 lb. dark raisins
1 c. sugar	1 lb. Sultanas
1 c. strawberry jam	1 lb. currants
1 c. brandy	1 lb. dates
1 lb. flour	1 lb. cut mixed fruit
4 tsp. baking powder	4 pineapple rings, cut
1 tsp. salt	1/2 lb. red cherries
1 tsp. cinnamon	1/2 lb. green cherries
1/4 tsp. cloves	1 lb. blanched almonds
1/4 tsp. allspice	

(Spices can be omitted.) Cream butter and sugar; add egg yolks, salt, strawberry jam, 1 cup flour. Wash and dry raisins well. Add rest of fruit and nuts, add to creamed mixture. Add rest of flour alternately with the 1 cup of brandy, mix well. Beat egg whites stiff, fold in last. Bake in lined tins 3 hours at 275 degrees.

Tillie Oswald

CARAMEL ICING (1)

1 c. brown sugar	butter, size of egg
4 Tbsp. cream	

Cook 1 minute, cool, then beat.

Mrs. R. Gellert

CARAMEL ICING (2)

5 Tbsp. brown sugar	2 Tbsp. butter
4 Tbsp. milk	

Cook 2 minutes after it starts to boil. Remove from heat and add:

1 c. powdered sugar	1 tsp. vanilla
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Beat thoroughly

Mrs. R. Gellert

SWEDISH COOKIES

1 c. sugar	1 egg white
1/2 c. butter	4 Tbsp. sugar
1 egg	1 tsp. cinnamon
1 3/4 c. flour	blanched almonds
2 tsp. baking powder	

Cream the butter; add the sugar gradually and the egg, well beaten. Add the flour, sifted with the baking powder. Chill, roll and cut into rounds or stars and brush over with the white of an egg and sprinkle with sugar, mixed with cinnamon. Split the almonds, arrange 3 halves on each cookie at equal distances and bake 12 to 15 minutes in a slow oven, 300 degrees.

SHORTBREAD COOKIES

Cream well, 1 cup of butter. Mix and sift together:

1/2 c. cornstarch	1 c. flour
1/2 c. icing sugar	

Sift in the dry ingredients (into butter) and work with hand until mixture holds together. If the dough is too soft, cover and set in refrigerator to cool about 1/2 hour. Shape as you wish and bake on an ungreased cookie sheet. Bake at 300 degrees for 20 to 25 minutes.

Mrs. Agnes Matter

TASTE SOUR CREAM COOKIES

First Mixture:

1/2 c. shortening	1 egg, beaten
1 c. brown sugar	2 sq. chocolate, melted

Second Mixture:

2 c. flour	2 tsp. baking powder
1/2 tsp. salt	1/2 tsp. cinnamon
1/2 tsp. baking soda	

Mix both first and second mixture together. Add.

1 c. walnuts	1 c. sour cream
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Grease sheets. Bake at 375 degrees for 15 minutes.
Mrs. H. Minchau

CORN FLAKE MACAROONS

2 Tbsp. syrup	4 tsp. drinking chocolate (quick)
2 oz. margarine or butter	5 Tbsp. dried milk
1 tsp. vanilla flavoring	2 c. corn flakes

Heat margarine or butter and syrup together, then add chocolate, milk and flavoring. Add corn flakes. Stir well, then drop from a spoon on greased tin to set (Walnuts may be added)

Kathleen Pinko

NEBRASKA COOKIES

1 c. flour	1 tsp. baking soda
3 c. rolled oats	1 c. butter
1 c. brown sugar	1/4 c. boiling water
1/4 tsp. salt	

Sift flour; mix in rolled oats, brown sugar, soda and salt. Combine shortening and boiling water, add this gradually to the dry mixture, mixing lightly. Shape any way desired (roll or square). Chill in refrigerator for several hours. Slice thin and place in baking pans. Bake in moderate oven for 12 minutes, or until brown. Makes 5 dozen.

Miss Jean Henschel

GINGERSNAPS

1 c. butter, shortening or margarine	2 eggs
2 c. white sugar	4 c. flour
3/4 c. Golden Rod syrup	2 Tbsp. ginger
	2 Tbsp. soda

Form into balls and place on cookie sheet. Bake in 350 degree oven. They will flatten and crackle on top as they cook.

Mrs. L. Gellert

CRY BABY COOKIES

1 c. brown sugar	4 c. flour
2/3 c. shortening or butter	1 tsp. salt
1 egg	1 tsp. cinnamon
1 c. molasses	1 tsp. cloves
1 c. milk	2 tsp. baking soda

Cream sugar and shortening together until light and fluffy. Add egg and molasses and beat for 2 minutes. Combine the salt,

CRY BABY COOKIES (Continued)

cinnamon, cloves and baking soda with the 4 cups of flour and sift once. Add this to your first mixture alternately with the 1 cup of milk. Drop by spoonfuls on greased baking sheet. Bake for 15 to 20 minutes in moderate oven, 375 degrees. Makes about 5 dozen cookies.

Mrs. Frances Teske

OATMEAL MACAROONS

1/2 c. granulated sugar	1/2 c. coconut
1/2 c. brown sugar	1 tsp. vanilla
1/2 c. melted shortening	1/2 tsp. soda
1 egg, beaten	1 c. sifted flour
1/2 tsp. salt	2 c. rolled oats

Combine ingredients in order given. Drop from spoon on greased baking dish. Press down with fork. Bake in moderate oven (350 degrees) 12 - 15 minutes. Yield, 3 1/2 dozen cookies.

Mrs. Gertrude E. Kadatz

COWBOY COOKIES

2 c. flour	1/2 tsp. baking powder
1 tsp. soda	1/2 tsp. salt

Sift together. Cream together:

1 c. white sugar	1 c. shortening
1 c. brown sugar	2 eggs

Add:

2 c. rolled oats	1 pkg. chocolate chips
1 tsp. vanilla	

Roll into balls and pat down with fork. Bake for 15 minutes at 375 degrees.

Wanda G. Swanek

FRYING PAN COOKIES

1 c. white sugar	2 c. rice krispies
1 1/2 c. dates, cut up	1/2 c. chopped walnuts
2 eggs	1 tsp. vanilla
	pinch salt

Place sugar, dates and eggs in lightly greased frying pan

FRYING PAN COOKIES (Continued)

and cook for 10 minutes, stirring constantly. Add walnuts, vanilla, salt and rice krispies. Stir all together; remove from fire. Form into small balls and roll in fine coconut. Place on platter to cool.

Mrs. Meta Lindberg

CHERRY COCONUT BARS

1 c. sifted all purpose flour	1/2 c. butter or margarine
	3 Tbsp. confectioners sugar

Filling:

2 eggs, slightly beaten	1 tsp. vanilla
1 c. sugar	3/4 c. chopped nuts
1/4 c. all purpose flour	3/4 c. coconut
1/2 tsp. baking powder	1/2 c. maraschino cherries,
1/4 tsp. salt	quartered

Mix flour, butter and confectioners sugar until smooth. Spread them with fingers in 8 inch square pan. Bake in 350 degree oven for about 25 minutes. Stir rest of ingredients into eggs. Spread over top of baked pastry. Bake about 25 minutes, cool. Cut into bars. Makes about 18 bars.

Mrs. R. Reppert

BROWN AND WHITE BARS

3/4 c. flour	1 1/2 c. brown sugar
3 Tbsp. sugar	1 tsp. vanilla
3 Tbsp. cocoa	1/2 c. chopped walnuts
1/2 c. butter	3 Tbsp. flour
salt (dash)	1 tsp. baking powder
2 eggs	1 c. coconut

Mix the first 5 ingredients and spread in an 8x8 inch baking dish. Bake at 350 degrees (325 degrees in a glass dish) about 10 minutes. Meanwhile, beat eggs until light; add brown sugar and beat. Sift flour with baking powder and add. Stir in vanilla, coconut and walnuts; beat well. Bake 25 minutes. Frost with chocolate icing when not quite cold.

Mrs. Kathryn Schmauch

LEMON SQUARES

1 c. brown sugar	10 double salted soda biscuits
1 c. flour	1 c. coconut

LEMON SQUARES (Continued)

1/4 c. butter	1 tsp. vanilla
1/2 tsp. baking soda	

Filling:

1 c. water	1 lemon (juice and rind)
1 c. white sugar	1 egg
1/4 c. butter	2 heaping Tbsp. cornstarch

Mix first 7 ingredients together and put 3/4 of the mixture in buttered 8x12 inch pan. Pour over the cooked filling and cover with balance of crumb mixture. Bake at 350 degrees for 25 - 30 minutes. Leave in pan to cool, then cut in squares

Mrs. R. Gellert

MERINGUE TRIANGLES

1 1/2 c. once-sifted pastry flour or 1 1/3 c. once-sifted all purpose flour	1/2 c. white sugar
1 tsp. Magic baking powder	2 eggs, separated
1/4 tsp. salt	1 Tbsp. molasses
2 Tbsp. cocoa	1 1/2 tsp. vanilla
6 Tbsp. butter or margarine	3/4 c. lightly packed brown sugar
	1/2 c. broken walnuts
	1/3 c. desiccated coconut

Grease an 8-inch square cake pan. Preheat oven to 350 degrees, moderate. Sift flour, Magic baking powder, salt and cocoa together 3 times. Cream butter or margarine; gradually blend in granulated sugar. Add unbeaten egg yolks, one at a time, beating well after each addition, beat in molasses and 1 teaspoon of the vanilla. Add flour mixture about a third at a time, combining thoroughly after each addition. Press into prepared pan. Beat egg whites until stiff but not dry; gradually beat in brown sugar. Fold in remaining 1/2 teaspoon vanilla, the walnuts and coconut. Spread meringue over dough in pan.

Bake in preheated oven about 45 minutes. Cut into 4 strips, cut each strip into 4 pieces, then cut each square diagonally to form triangles. Yield: 32 triangles

Miss Beatrice Henschell

COTTAGE CHEESE SQUARES

3/4 c. butter	salt to taste
1/2 c. sugar	3 c. dry cottage cheese
1/2 c. flour	1 1/2 c. sour cream

COTTAGE CHEESE SQUARES (Continued)

2 eggs, beaten

nutmeg

Mix together and flake first 4 articles. Put in 8x8x2 inch pan with mixture on all sides. Bake for 15 minutes at 350 degrees. Meanwhile, mix last four and put on top of first mixture. Return to oven for about 15 to 25 minutes; cool. Cut in squares.

Mrs. M. Stefanich

WALNUT SQUARES

1 1/4 c. flour

1/2 c. butter

Mix together well and press in cake pan. Bake in quick oven (400 degrees) about 15 minutes. Mix following:

3 eggs

1 tsp. vanilla

1 1/4 c. brown sugar

1 c. coconut

3 Tbsp. flour

1/2 c. chopped walnuts

2 tsp. baking powder

1/4 tsp. salt

Beat eggs well and continue beating as you add other given ingredients. Pour on above slightly baked crust. Spread evenly and bake in 350 degree oven until slightly browned, 1/2 hour or more.

Icing: (when cool)

1 c. sweet cream

2/3 c. sugar

pinch salt

Boil together until it gets brownish color. Remove from stove; add 1 teaspoon of butter and vanilla.

Mrs. Rosalie E. Werner

WALNUT AND CINNAMON DELIGHT

1/2 c. butter

2 tsp. baking powder

1 c. sugar (brown)

3/4 c. milk

2 eggs, beaten

salt to taste

1 1/2 c. flour

1 tsp. vanilla

Blend butter and sugar. Fold in eggs. Sift flour and baking powder over top of first mixture. Add salt, milk and vanilla. Stir. Put half of mixture in pan 8x8x2 inches. Now, mix:

1 Tbsp. butter

1/2 c. walnuts (chopped)

1 Tbsp. flour

1 tsp. cinnamon

1/2 c. brown sugar

-54- So. Edmonton, Alta.

Add half of this amount to half of mixture in pan. Now, add other half of cinnamon mixture to the remaining mixture on top. Bake in 350 degree oven for 35 to 40 minutes.

Mrs. M. Stefanich

BROWNIES

1/2 c. margarine	2 eggs, slightly beaten
1/2 c. sugar	2 sq. unsweetened chocolate
1/2 c. flour	1 tsp. vanilla
1 tsp. baking powder	1 c. chopped walnuts

Melt margarine and chocolate in medium saucepan. Add remaining ingredients; stir to blend. Fold in nuts. Spread in greased 8x8 inch pan and bake at 350 degrees for 35 minutes.

Icing: As soon as cake is baked, cover with miniature marshmallows and return to oven just until marshmallows begin to melt, then cover with 6 ounces of melted semi-sweet chocolate.

Mrs. H. Gellert

TOFFEE-NUT BARS

Bottom Layer:

1/2 c. soft shortening (half butter)	1/2 c. brown sugar
---	--------------------

Mix together thoroughly. Stir in 1 cup of sifted flour. Press and flatten with hand to cover bottom of ungreased 13x9 inch oblong pan. Bake 10 minutes at 350 degrees (moderate oven). Spread with:

Almond-Coconut Topping: Beat 2 eggs well. Stir in,

1 c. brown sugar	1 tsp. vanilla
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Mix together and stir in:

2 Tbsp. flour	1/2 tsp. salt
1 tsp. baking powder	

Mix in:

1 c. moist shredded coconut	1 c. cut up almonds (or other nuts)
--------------------------------	--

TOPFEE-NUT BARS (Continued)

Return to oven and bake 25 minutes more until topping is golden brown. Cool slightly, then cut into bars.

Temperature: 350 degrees (moderate oven). Time: Bake 25 minutes. Amount: About 2 1/2 dozen 1x3 inch bars.

Mrs Violet Jantz

FUDGE COOKIES (4 Dozen 1 Inch Balls)

2 c. granulated sugar	1 tsp. vanilla
1/2 c. cocoa	3 c. quick cooking oats
1/2 c. milk	1 c. coconut or chopped nuts
1 tsp. butter	

Measure first 4 ingredients into saucepan, cook over medium heat for 5 minutes. Remove from heat and add vanilla, rolled oats and coconut or nuts. Drop by teaspoonfuls on waxed paper and let cool.

Note: If mixture is too stiff to drop from a spoon, add a little milk.

Mrs E Kartz

SHORTBREAD COOKIES

1/2 c. cornstarch	1 c. sifted flour
1/2 c. icing sugar	1 c. butter

Sift together cornstarch, icing sugar and all purpose flour into bowl. (Have butter at room temperature.) Blend butter into dry ingredients with a spoon until a soft dough is formed. Shape into balls about 1 inch in diameter. Place on ungreased cookie sheet 1 1/2 inches apart. Flatten dough with lightly floured fork. Bake in slow oven (300 degrees) 20 to 25 minutes, or until cookies are lightly browned. Yield: 3 to 4 dozen cookies.

Note: If dough is very soft, cover and chill 1/2 hour.

Variations for cookies:

Cherry Cookies: Add 1/2 cup cherries, finely chopped, with dry ingredients.

Chocolate Cookies: Increase icing sugar to 2/3 cup. Add 3 tablespoons of cocoa with dry ingredients.

Coconut Cookies: Add 1/3 cup of finely shredded coconut to soft dough; mix well.

Fruit Cookies: Add 1/2 cup of candied peel (finely chopped) with dry ingredients.

Mrs. E. Kartz

BROWNIES

4 eggs or 8 egg yolks	1 tsp. baking powder
1 1/2 c. sugar	1 1/2 c. walnuts
1/2 tsp. vanilla	1/2 tsp. salt
2/3 c. Mazola oil	1/4 c. rich milk or cream
1 1/4 c. flour	3/4 c. cocoa

Beat eggs or yolks slightly. Beat together sugar, vanilla, oil, salt, milk or cream. To this mixture the sifted ingredients may be added. The walnuts should then be added. This mixture should be thoroughly mixed. Bake on a cookie pan at 350 degrees for 35 minutes. Ice with chocolate icing and sprinkle with crushed walnuts.

Jean Henschel

** EXTRA RECIPES **

**** EXTRA RECIPES ****

DESERTS

FOODS TO SERVE 25 PEOPLE

Cream for Coffee	1½ pints
Whipping Cream	1 pint
Rolls	50
Preserves or Jelly	1½ pints
Butter in Squares	½ pound
Salad Dressing	1 pt. or ½ lb.
Pickles	1½ pints
Potatoes, diced or mashed or sweet	½ peck
Asparagus, scalloped	1 No. 10 can
Carrots, creamed	3 No. 2 cans
String Beans	5 lbs. or 1 gallon
Beets	5 lbs. or 2 No. 10 cans
Cabbage	5 lbs.
Lettuce, medium heads for salad cups	3 heads
Peas	18 lbs. fresh or 4 No. 2 cans
Ham, baked (low heat)	8 lbs.
Beef Roast	10 lbs.
Pork Roast	10 lbs.
Meat Loaf,	
Pork	1½ lbs.
Beef	3½ lbs.
Swiss Steak	10 lbs.
Ice Cream, brick	4 bricks
Ice Cream, bulk	1 gallon

DESSERTS

HASTY PUDDING

1 c. flour	1 1/2 tsp. baking powder
1/3 c. brown sugar	1 c. raisins
1 Tbsp. cocoa	1 Tbsp. melted butter
1/4 tsp. salt	2/3 c. milk

Preheat oven to 375 degrees. Sift into a bowl the flour, salt and baking powder. Add brown sugar and cocoa; stir until well blended. Mix in the raisins, then add the butter and milk and stir until batter is smooth. Turn into a greased baking dish. Pour the following sauce over the batter and bake for about 1 hour.

Sauce:

1 c. brown sugar	1/8 tsp. salt
1 Tbsp. flour	2 c. boiling water
1 Tbsp. butter	2 tsp. vanilla

Mix the brown sugar, flour and salt together. Add the butter and vanilla. Add the boiling water and stir until sugar is dissolved and butter is melted. Pour over batter.

Beatrice Henschell

RUM PUDDING

2 Tbsp. gelatin	1 jelly roll
1 1/2 c. milk	maraschino cherries
1 c. sugar	1 pt. whipped cream
1 Tbsp. cornstarch	1/2 to 1 c. rum
salt	

Slice jelly roll and line bowl; fill in corners with cherries. Sprinkle with half the rum. Cook gelatin, milk, sugar, cornstarch and salt. Cool. Beat in whipped cream and pour in center of bowl. Top with jelly roll and rum. Chill in refrigerator. Unmold on platter and decorate with a little whipped cream. (Rum may be left out)

Martha Lothar

HALF HOUR PUDDING

1/3 c. brown sugar	1/4 tsp. salt
1 c. flour	1 c. raisins
2 tsp. baking powder	1/2 c. milk

HALF HOUR PUDDING (Continued)

Mix ingredients and put in greased pudding dish, then make the sauce and pour over the pudding mixture.

Sauce:

2 c. boiling water	1 Tbsp. butter
1 c. brown sugar	1/4 tsp. nutmeg (optional)

Mrs. Gertrude E. Kadatz

AUNT RACHAEL'S APPLE PUDDING

1 c. flour	1/4 tsp. salt
2 Tbsp. butter	1 Tbsp. sugar
1 tsp. baking powder	1/2 c. milk

Mix up, roll thin, spread with sliced apples, nutmeg, brown sugar and dot with butter. Roll up and cut about 1 inch in size. Put in pan.

Sauce:

1/2 c. brown sugar	pinch of salt
1 Tbsp. flour	1 c. boiling water
2 Tbsp. butter	

Bring to boil and add butter. Pour over pudding. Bake until brown, oven 400 degrees.

Joyrene Oswald

ANGEL CUSTARD DESSERT

Remove crusts from one angel cake. Tear cake into pieces. Two forks are handy for this. Alternate cake and custard filling into a well oiled angel cake pan. Chill until firm. Unmold on serving plates. The dessert is gold and white like a daffodil cake. Cut in wedges. Serve with whipped cream.

Angel Custard Filling:

1 Tbsp. (1 envelope) un-flavored gelatin	6 stiffly beaten egg whites
1/4 c. cold water	6 beaten egg yolks
1 1/2 tsp. grated lemon peel	3/4 c. sugar
3/4 c. sugar	3/4 c. lemon juice (fresh or frozen)

Soften gelatin in cold water. Combine egg yolks, 3/4 cup of sugar, lemon peel and juice. Cook over hot (not boiling) water, stirring constantly until mixture coats metal spoon. Remove from heat; add softened gelatin and stir to dissolve. Cool until partially set, beat 3/4 cup of sugar into egg whites, fold into custard.

Joyrene Oswald

APRICOT CRISP

Line the bottom of an 8x8 inch (or smaller) pan with 1 1/2 cups of apricots (canned). Juice mixed with the fruit gives the pudding a nicer flavor. While mixing the below ingredients the apricots could be warmed up in the oven for a few minutes.

1/4 c. butter	1/2 c. flour
1/2 c. brown sugar	1/8 tsp. salt

Mix together well. Spread this mixture over the apricots and bake for 1 hour in a 350 degree oven. Serves about 4.

Jean Henschel

ORANGE PUDDING

Sauce:

1 c. boiling water	juice of 1 large orange (or
1 Tbsp. butter	more), also a little rind
1/2 c. sugar	

Boil water, butter and sugar together for 8 minutes.

Batter:

1/2 c. (or less) sugar	1 tsp. baking powder
1/2 c. milk	enough flour for stiff batter
1 Tbsp. butter	

Remove sauce from fire and drop batter from spoon like dumplings (into sauce). Bake 1/2 hour.

Mrs. Rosalie Werner

BERRY KUCHEN

2 c. flour	4 Tbsp. sugar
3 tsp. baking powder	5 Tbsp. shortening
1/2 tsp. salt	1 egg

BERRY KUCHEN (Continued)

1/2 c. milk (approximately)	1/3 c. sugar
2 c. Saskatoon or	1 Tbsp. flour
blueberries	2 Tbsp. butter

Sift flour, measure and sift with baking powder, salt and sugar. Cut in shortening (or butter, if preferred). Beat egg and add to dry ingredients with milk to make a soft dough. Roll out about 1/4 inch thick and fit into a square cake pan which has been lightly greased. Fit the sides up well to make a nice high rim. Mix sugar and flour with berries and fill crust. Dot with butter and a dash of cinnamon. Bake in a moderate oven until the crust is cooked, about 25 to 30 minutes. Remove from oven and allow to cool. Serve with plain or whipped cream.

Mrs. Fred Janz

COTTAGE CHEESE CAKE

Make a crumb crust of

1 1/2 c. graham cracker	1/3 c. sugar
crumbs	1/3 c. melted butter (salad oil)

Press on sides and bottom of 9 inch spring form pan or a cake pan. Bake at 350 degrees for 10 minutes; cool.

Filling:

3 c. sieved cottage cheese	3/4 c. heavy cream
1 c. sugar	1/2 tsp. grated lemon rind
1/3 c. flour	2 Tbsp. lemon juice
1/2 tsp. salt	4 egg whites, stiffly beaten
4 egg yolks	1 tsp. vanilla

Beat cheese until fluffy; add combined flour, sugar and salt. Add egg yolks, one at a time. Stir in cream, lemon rind, juice and vanilla. Fold in beaten egg whites. Pour cheese mixture into cooled crust. Bake at 325 degrees for 1 1/4 hours. Turn off heat and leave in oven for 1 hour. Remove from oven and cool slowly away from drafts; chill. May be served with glazed fruit topping or canned pie filling, such as blueberry or cherry (optional).

Mrs. Martha Krause

LEMON SAUCE

1/2 c. sugar	2 Tbsp. lemon juice
1 Tbsp. cornstarch	pinch salt

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P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

LEMON SAUCE (Continued)

2 Tbsp. butter grated lemon rind
1 1/4 c. boiling water

Boil for 5 minutes and add part of lemon rind and water. Mix together cornstarch, sugar and salt. Add water gradually; stir constantly. Return to saucepan until thick. Remove to low heat and cook 5 minutes longer. Remove from heat and add lemon juice and butter.

Mrs. Lillian Gellert

CHOCOLATE UPSIDE DOWN CAKE

1 1/4 c. flour 2 Tbsp. butter
3/4 c. sugar 1/2 c. milk
2 tsp. baking powder 1 tsp. vanilla
1/4 tsp. salt 2 Tbsp. cocoa

Sift flour, sugar, baking powder, salt and cocoa. Melt butter; mix with milk and vanilla. Stir into the dry mixture. Pour into greased glass layer cake dish.

Topping:

2 Tbsp. cocoa 1/2 c. white sugar
1/2 c. brown sugar 1 1/4 c. boiling water

Mix together cocoa and sugar; spread over top of cake. Over all, pour the boiling water and bake at 325 degrees for 1 hour. Serve warm or cool with whipped cream.

Mrs. H. Gellert

LEMON SPONGE PUDDING

1 c. sugar 1 Tbsp. melted butter
1/4 c. flour pinch salt
2 eggs (save whites) 1 c. milk
juice and rind of 1 lemon

Beat egg yolks; add milk, then add the dry ingredients. Add lemon juice and rind; lastly, add beaten egg whites. Bake in casserole set in hot water for 35 minutes in 375 degree oven.

Martha Krause

RICE & APPLE MERINGUE PUDDING

1 c. boiled rice 2 c. milk
1 lemon 1 c. sugar

RICE & APPLE MERINGUE PUDDING (Continued)

3 eggs

6 apples

Make applesauce and sweeten with 1/2 cup of sugar. Mix rice with beaten egg yolks and remaining half of sugar and milk. Put in baking dish and bake 20 minutes. When done, put apples on top. Beat egg whites with 1 tablespoon of sugar until stiff. Cover apples with meringue and bake until brown.

Martha Krause

**** EXTRA RECIPES ****

JELLY, CANDY
PRESERVES

Take time *for 10 things*

- 1 Take time to Work—**
it is the price of success.
- 2 Take time to Think—**
it is the source of power.
- 3 Take time to Play—**
it is the secret of youth.
- 4 Take time to Read—**
it is the foundation of knowledge.
- 5 Take time to Worship—**
it is the highway of reverence and washes
the dust of earth from our eyes.
- 6 Take time to Help and Enjoy Friends—**
it is the source of happiness.
- 7 Take time to Love—**
it is the one sacrament of life.
- 8 Take time to Dream—**
it hitches the soul to the stars.
- 9 Take time to Laugh—**
it is the singing that helps with life's loads.
- 10 Take time to Plan—**
it is the secret of being able to have time
to take time for the first nine things.

JELLY, CANDY, PRESERVES

HOMEMADE CHOCOLATES

3 lb. icing sugar	3/4 cake paraffin wax
8 Tbsp. butter	1 cake unsweetened chocolate
1 can sweetened Eagle	(8 sq.)
Brand milk (less 2	2 tsp. vanilla
Tbsp.)	2 Tbsp. corn syrup

Put icing sugar, butter, milk, vanilla and corn syrup in bowl and mix, kneading until it becomes smooth and solid. Divide into sections and add flavoring, strawberry, pineapple, almond, peppermint, coconut, according to taste, can make some with nuts in centers or cherries. Place wax in top of double boiler. Melt, add chocolate and let that melt. Dip (one at a time) into chocolate and remove with fork onto wax paper.

Tillie Oswald

PRAIRIE PUFFED WHEAT CANDY SQUARES

1/3 c. butter	2 Tbsp. cocoa
1/2 c. syrup	1 tsp. vanilla
1 c. brown sugar	8 c. wheat puffs

Melt butter in saucepan. Add syrup, sugar, cocoa and vanilla. When this syrup begins to bubble, remove from fire. Add puffed wheat and mix. Put in buttered pan. Press down well with spoon and cut in squares.

Tillie Oswald

NEVER FAIL FUDGE

2/3 c. undiluted Carnation	1 1/2 c. (16 medium) diced
milk	marshmallows
1 2/3 c. sugar	1 1/2 c. Baker's chocolate chips
1/4 tsp. salt	1 tsp. vanilla
	1/2 c. chopped nuts

Mix Carnation milk, sugar and salt in saucepan over medium heat. Heat to boiling, then cook 3 minutes, stirring constantly. Remove from heat. Add marshmallows, chocolate chips, vanilla and nuts. Stir 1 to 2 minutes (until marshmallows melt). Pour into buttered 9-inch square pan. Cool, cut into squares.

Mrs. Agnes Matter

CARROT MARMALADE

3 oranges
3 lemons

9 large carrots

Put all through food chopper and add:

7 c. sugar

1/2 c. water

Cook slowly until thick like marmalade. Put into sterilized jars.

Mrs. Martha Krause

STRAWBERRY JAM (Freezing)

2 c. crushed strawberries

4 c. sugar

Combine and let stand 20 minutes, stir occasionally. Add 1/2 bottle of Certo, let stand awhile until it blends. Pack in jars, leave a little space for expansion and freeze. Use whenever needed.

Mrs. Emil Hammermeister

RASPBERRY JAM (Freezing)

6 c. sugar

1/2 bottle Certo

3 c. crushed raspberries

(Method same as above for Strawberry Jam).

Mrs. Emil Hammermeister

** EXTRA RECIPE **

Write Extra Recipes Here

Write Extra Recipes Here

CALORIE COUNTERS

BEVERAGES

Carbonated Water		XXX c.
Coffee, black, unsweetened		XXX c.
Cocoa, All Milk	1 cup	230 c.
Cola Beverages	1 sm. glass	100 c.
Lemonade	1 sm. glass	75 c.
Tea, plain, unsweetened	1 cup	XXX c.

BREADS, CRACKERS, ROLLS, ETC.

Gluten Bread	1 slice	30 c.
Raisin Bread	1 slice	100 c.
Rye Bread	1 slice	70 c.
Enriched White Bread	1 slice	65 c.
Me ba Toast	1 slice	25 c.
Whole Wheat Bread	1 slice	75 c.
Baking Powder Biscuits	1 large or 2 small	100 c.
Saltines	1 double	40 c.
Soda Crackers	1	25 c.
Bran Muffin	1	50 c.
Corn Bread	1 small square	130 c.
French Hard Roll	1 small	80 c.
French Toast	1 slice	130 c.
Gingerbread	1 slice	150 c.

CANDIES

Chocolate Bar - Nut	1	400 c.
Chocolate Bar - Plain	1	350 c.
Chocolate Cream	1	100 c.
Mints	5 very small	7 c.
Popcorn, Plain	1 cup	65 c.
English Toffee	1	25 c.

CEREALS

Corn Flakes	1 cup	132 c.
Cream of Wheat	$\frac{3}{4}$ c.	100 c.
Oatmeal	$\frac{3}{4}$ c.	100 c.
Shredded Wheat, biscuit	1	100 c.

DAIRY PRODUCTS AND EGGS

Butter	1 level Tbsp.	100 c.
American Cheese	1 cube $1\frac{1}{2}$ inch	100 c.
Cream	1 Tbsp.	30 c.
Cream, whipped	1 Tbsp., heaping	50 c.
Eggs, boiled	1 average	70 c.
Eggs, fried	1 with 1 tsp. butter	110 c.
Egg white	1	14 c.
Egg Yolk	1	66 c.
Buttermilk	1 c.	88 c.
Whole Milk	1 cup	170 c.
Oleomargarine	1 level Tbsp.	100 c.

DESSERTS

Angel Food Cake with Icing	average slice	150 c.
Chocolate Cake - 2 layers	average slice	350 c.
Cup Cake, plain	1	100 c.
Fruit Cake	average slice	350 c.
Shortcake, with fruit	average slice	300 c.
Chocolate Cookie	1	125 c.
Ice Box Cookie	1	150 c.
Chocolate Ice Cream	$\frac{1}{2}$ cup	250 c.
Sodas — all flavors	1 glass	350 c.
Vanilla Ice Cream	$\frac{1}{2}$ cup	100 c.
Lemon Ice	$\frac{1}{2}$ cup	110 c.
Chocolate Eclair	1 small	180 c.
Cream Puffs	1	250 c.
Apple Pie	1 6 of pie	350 c.
Berry Pie — all kinds	1 6 of pie	350 c.
Custard Pie	1 6 of pie	150 c.
Pumpkin Pie	1 6 of pie	150 c.
Bread Pudding	$\frac{1}{2}$ cup	150 c.
Jello — all flavors	1 cup	75 c.
Tapioca Pudding	$\frac{1}{2}$ cup	200 c.

FISH AND SEAFOODS

Haddock	average helping	100 c.
Halibut	average helping	115 c.
Lobster	$\frac{1}{2}$ cup	125 c.
Oysters	$\frac{1}{2}$ cup	50 c.
Perch	3 medium	80 c.
Salmon (canned)	$\frac{1}{2}$ cup	100 c.
Salmon (fresh)	1 slice	100 c.
Sardines	4 3 inches long	100 c.
Scallops	6 large	100 c.
Shrmps	10	50 c.
Trout (brook)	2	75 c.
Tuna (canned)	$\frac{1}{2}$ cup without oil	100 c.

FLOUR FOODS

Dumplings	1	100 c.
Macaroni and Cheese	$\frac{1}{2}$ cup	280 c.
Noodles (cooked)	$\frac{1}{2}$ cup	60 c.
Pancakes	1	100 c.
Waffles	1	225 c.

FOWL

Chicken (fried)	1 small thigh or leg	150 c.
Chicken (fried)	1 piece breast	150 c.
Turkey (roast)	1 slice white meat	100 c.
Turkey (roast)	1 slice dark meat	125 c.

FRUIT

Apple (raw)	1 large	100 c.
Banana	1 medium	100 c.
Cantaloupe	$\frac{1}{2}$ — 5 inches diameter	50 c.
Cranberries (sauce)	$\frac{1}{2}$ cup	100 c.
Dates	3 to 4	100 c.
Grapefruit (unsweetened)	$\frac{1}{2}$	100 c.
Oranges	1 average	80 c.

MEAT

Bacon (crisp)	4 slices	100 c.
Hamburger	1 patty	200 c.
Beef Roast	1 slice	100 c.
Round Steak (lean)	1 piece	100 c.
Fried Ham	1 piece	200 c.
Meat Loaf	1 slice	150 c.
Pork Chop	1 medium, lean	200 c.
Spareribs	1 piece, 4 ribs	150 c.
Frankfurter	1 small	100 c.

SALADS

(Without Dressing)

Cabbage, celery, pineapple	average helping	70 c.
Cabbage-Slaw	average helping	35 c.
Fruit Gelatin	average helping	110 c.
Potato	average helping	220 c.
Tomato and Lettuce	average helping	35 c.
Waldorf	average helping	100 c.

SALAD DRESSINGS

Botted Dressing	1 Tbsp.	50 c.
Cream Dressing	1 Tbsp.	50 c.
French Dressing	1 Tbsp.	75 c.
Mayonnaise	1 Tbsp.	100 c.
Thousand Island	1 Tbsp.	175 c.

SOUPS AND CONSOMMES

Bean (Navy)	1 cup	200 c.
Bouillon	1 cup	25 c.
Chicken with Rice	1 cup	100 c.
Potato	1 cup	275 c.
Tomato (clear)	1 cup	50 c.
Vegetable	1 cup	100 c.

VEGETABLES

Asparagus (canned)	6 stalks	50 c.
Beans (baked)	$\frac{1}{2}$ cup	300 c.
String Beans	1 cup	25 c.
Beets (cooked)	$\frac{1}{2}$ cup	45 c.
Cabbage (raw)	1 cup	25 c.
Cabbage (cooked)	1 cup	25 c.
Carrots (cooked)	$\frac{1}{2}$ cup	35 c.
Carrots (fresh)	1 cup	50 c.
Corn (on cob)	1 ear	60 c.
Lettuce	1 large head	50 c.
Peas (canned)	$\frac{1}{2}$ cup	55 c.
Potatoes (french fried)	4 pieces	100 c.
Potatoes (mashed)	$\frac{1}{2}$ cup	100 c.
Sweet Potatoes	1 small	150 c.
Radishes	5	15 c.
Sauerkraut	1 cup	40 c.
Spinach	1 sp.	40 c.
Tomatoes (raw)	1	35 c.
Tomatoes (stewed)	$\frac{1}{2}$ cup	65 c.

SUGARS

Beet	1 tsp.	25 c.
Brown	1 tsp.	17 c.
Cane (granulated)	1 tsp.	25 c.
Powdered	1 Tbsp.	35 c.

JUICES

Grape Juice	$\frac{1}{2}$ cup	70 c.
Grapefruit Juice	1 cup unsweetened	100 c.
Orange Juice	$\frac{1}{2}$ cup	65 c.
Pineapple Juice	$\frac{1}{2}$ cup	65 c.
Tomato Juice	$\frac{1}{2}$ cup	25 c.

NUTS

Almonds (salted)	10	100 c.
Cashew	4 to 5	100 c.
Cocoanut (shredded)	3 Tbsp.	100 c.
Peanuts (salted)	18	100 c.
Pecans	12	100 c.
Walnuts	10	100 c.

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